

GROUP STUDY GUIDE

WEEK OF JANUARY 8, 2023 | DON'T OVERTHINK IT

WARM-UP QUESTION

On a scale of 1-10, how much of a worrier would you say you are (1 being not at all, 10 being a major worrier)?

DISCUSS

- Start your discussion by sharing what stood out to you from Sunday's sermon. Were there any new insights or key takeaways for you?

Have someone read **1 Kings 19:2-8** out loud.

- What strikes you about Elijah's circumstances in these verses? Go through the progression verse by verse, and discuss what stands out.
- There's a strong connection between Elijah's physical, spiritual, mental, and emotional health. How do you see a similar connection playing out in your own life? Are there situations where you commonly see one area affecting another? Explain.
- What do these verses reveal to you about God? How does that knowledge impact you in a specific area of your life right now?

Have someone read **Philippians 4:6-9**.

- What actions do you see in these verses? Consider creating a list together.
- Of these actions, which do you find hardest to do? Why?
- Reread verse 8, and as you go through the list of things to think about, pause after each one. Share examples of things that represent this word or practical ideas of how you can fix your thoughts in this way.
- What does God promise to do when you live the way He calls you to? How does this encourage you today?

RESPOND

- As you focus specifically on your thought life, what is God prompting you to do this week? When will you do it?
- Pray as a group for the areas of struggle that came up in your discussion. Thank God for revealing who He is, and ask Him to help you fix your thoughts on Him this week.

Encourage group members to read Daily Bible Reading on the church app or have it delivered to their inbox daily. Subscribe at tpcc.org/dbr. Check in with your group to share thoughts about these throughout the week!