

# life groups

NLC Weekly Sermon Study

Week of February 12, 2017  
Sermon: Overwhelmed



NEW LIFE  
CHURCH

# Schedule

**30 MIN** Eat, Meet & Greet

**15 MIN** Ice Breaker Game: **DESERT ISLAND.** **Instructions:** You've been exiled to a deserted island for a year. In addition to the essentials, you may take one piece of music, one book (which is not the Bible) and one luxury item you can carry with you, (i.e., not a boat to leave the island!). What would you take and why?' Share your answers.

**NOTE:** Please use the following study in whatever way flows most naturally for your group. If you lead a small group, you may choose to stay together and go straight through the study. If your group is larger—like a House Party or a City Group—you may want a leader to take the group through the main points, then save the questions for small group breakouts. How you use the study is always up to your discretion as a leader.

## **OPENING PRAYER**

**45–60 MIN** Overwhelmed

- Last week, we talked about how 4 guys brought the paralytic to Jesus and how we can be like that:
  - › by remembering our own brokenness. When we remember what God has done for us, we want to make room for others.
    - › Church gets better when you bring in the hurting!
  - › by getting out of the way, so others can come to Christ. Don't be a stumbling block but an assist. Start by being kind to others and not thinking about your own agenda all the time.
    - › Don't let complacency, compromise, greed, or constriction get a foothold in your heart, your family, or your small group.
  - › by keeping the call in your hands. The paralytic's pain became his purpose and his misery became his message. Your mat is your ministry. You can't leave it, because someone else needs it.

**Q1.** Who have you noticed lately who needs to be brought to the table? Discuss with your group.

**Q2.** Were you overwhelmed by anything this past week?

- We can be overwhelmed by external things, like work, problems, schedules, bills; or internal things, like guilt, grief, thoughts, feelings.
  - › And this can create anxiety, stress, and fear
- But God has made you with a spirit, soul, and body, and He wants all three to be healthy!

**Q3.** What kinds of thoughts can overwhelm us? (ex: I'm not good enough, nobody listens...). What kinds of thoughts overwhelm you?

**HAVE SOMEONE READ PROVERBS 23:7** “As a man thinks in his heart, so is he.”

**Q4.** If you were the physical image of your thought life, what would you look like?

- The way we think is the root of our insecurities, not the circumstances we find ourselves in.
- We want God to change our circumstances, but He is far more interested in changing your mind than your circumstances!

#### **MY THOUGHTS CONTROL MY LIFE.**

- Every single action begins with a thought.

**HAVE SOMEONE READ PROVERBS 4:23** “Carefully guard your thoughts, because they are the source of true life.”

**READ GENESIS 6:5-7**

**Q5.** According to this passage, why did God destroy the earth?

- It’s not your feelings that shape your life, but what you believe to be true (regardless of whether or not it is true).

#### **THE MIND IS THE BATTLEGROUND FOR SIN.**

- All temptation happens in your mind.

**READ ROMANS 7:22-23** “I love to do God’s will so far as my new nature is concerned; but there’s something else deep within me that is at war with my mind and wins the fight and makes me a slave to the sin within me. In my mind I want to be God’s servant, but instead I find myself still enslaved to sin.”

**Q6.** What are some of the action words in this passage?

- There’s a battle over the way you think. Whatever gets your attention gets you.

#### **OUR THOUGHTS CAN BE RESET BY THE SPIRIT OF GOD.**

**HAVE SOMEONE READ ROMANS 8:5-8** “Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. The mind governed by the flesh is hostile to God; it does not submit to God’s law, nor can it do so. Those

who are in the realm of the flesh cannot please God.”

- **Managing your thought life, is the key to peace. Only you can control your thoughts:**
  - › Satan can’t control your thoughts; he can only make suggestions
  - › God won’t control your thoughts; He gave that power to you.

## **HOW TO RENEW YOUR THOUGHTS**

1. I must feed my mind truth.

**HAVE SOMEONE READ PSALM 1:1-3** “Oh, the joys of those who do not follow the advice of the wicked, or stand around with sinners, or join in with mockers. But they delight in the law of the Lord, meditating on it day and night. They are like trees planted along the riverbank, bearing fruit each season. Their leaves never wither, and they prosper in all they do.”

- You can read every other book in the world, but the Bible reads you.
- **Meditating on the Word means reading it, thinking about it, reviewing it, digesting it all throughout the day.**
  - › All of a sudden, truth is rooted, causing you to prosper

**HAVE SOMEONE READ PHILIPPIANS 4:8-9** “Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things. Whatever you have learned or received or heard from me, or seen in me--put it into practice. And the God of peace will be with you.”

**READ JOHN 8:32** “Then you will know the truth, and the truth will set you free.”

**READ MATTHEW 4:4** “People needs more than bread for their life; they must feed on every word of God.”

- › Like snacking throughout the day, constantly thinking about truth will renew and change your mind.

**HAVE SOMEONE READ DEUT. 6:6-7** “These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up.”

- **According to this passage, there are four times each day that you are free to meditate on the Word:**
  - › When you are lying down, when you are rising up, when you are

chill-axing around the house, and when you are traveling.

- • Interesting. These are four times we lose our confidence: when you are lying down, when you are rising up to do something big, when you have idle time, and when you are travelling.

2. I must take my thoughts captive.

- Taking thoughts captive frees your mind of destructive thoughts.
- Your mind needs to be liberated, because you are a prisoner of your own thoughts.

**Q7.** Where do thoughts come from?

- Some thoughts are rooted in your old sinful nature.
- Some thoughts Satan just lobs at us to see if they'll stick.
- Some thoughts just come from this world.
- Some thoughts are Satan lying to you.

**Q8.** Has anyone ever told you something that wasn't true about you, but you believed it was true? Or have you ever thought something about yourself that you knew wasn't true, but you believed it was true? Explain.

**HAVE SOMEONE READ 2 CORINTHIANS 10:3-5** "Though we live in the world we do not wage war as the world does. The weapons we fight with are not the weapons of the world. Our weapons have divine power to demolish strongholds. We demolish any argument and every pretension that sets itself up against the knowledge of God and we take captive every thought to make it obedient to Christ."

- The word "stronghold" in this passage is the word "awk-o'-ro-mah," which means a safely locked prisoner of lies.
- Any thought that you don't take captive will take you captive.

**Q9.** How many of you struggle with negative thoughts? (Sounds like "I will never, I can't...") Fearful thoughts? (Sounds like "What if...") Discontented thoughts? (Sounds like "I wish," or "I need...") Critical thoughts? (Sounds like "I hate...")

- How do you take a thought captive? By forcing it to what God really says about you.
  - › It helps if you know what God says about you. It helps if you stay in the Word. (See "What God Says About Me" at the end of this study).
  - › The Bible is not a book of suggestions; it's a book from God to help you.

3. I must find the will of God by being in the will of God.

**HAVE SOMEONE READ ROMANS 12:2-3** “Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.”

- Most of the time we missed the will of God for what is next by not being in the will of God now.

**IF TIME, FEEL FREE TO SHARE ANY OF THE FOLLOWING SCRIPTURES WITH THOSE WHO THINK THINGS ABOUT THEMSELVES THAT ARE CONTRARY TO THE WORD:**

### **WHAT GOD SAYS ABOUT ME**

#### **I AM ACCEPTED**

JOHN 1:12	I am God’s Child.
JOHN 15:15	I am Christ’s friend.
ROMANS 5:1	I have been justified.
1 CORINTHIANS 6:19-20	I have been bought with a price. I belong to God.
1 CORINTHIANS 12:27	I am a member of Christ’s body.
EPHESIANS 1:5	I have been adopted as God’s child.
EPHESIANS 2:18	I have direct access to God through the Holy Spirit.
COLOSSIANS 1:14	I have been forgiven of all my sins.
COLOSSIANS 2:1	I am complete in Christ.

#### **I AM SAFE**

ROMANS 8:1-2	I am free forever from condemnation.
ROMANS 8:28	I am assured that all things work together for good.
ROMANS 8:31-34	I am free from any condemning charges against me.
ROMANS 8:35-39	I cannot be separated from the love of God.
PHILIPPIANS 1:6	I am confident that the good work that God has begun in me will be completed.
PHILIPPIANS 3:20	I am a citizen of Heaven.
2 TIMOTHY 1:7	I have not been given a spirit of fear, but of power, love, and self-control.
HEBREWS 4:16	I can find grace and mercy to help in time of need.
1 JOHN 5:18	I am born of God and the evil one cannot touch me.

#### **I AM IMPORTANT**

MATTHEW 5:13-14	I am the salt and light of the earth.
JOHN 15:1,5	I am a branch of the true Vine, a channel of his life.
JOHN 15:16	I have been chosen and appointed to bear fruit.
ACTS 1:8	I am a personal witness of Christ.
1 CORINTHIANS 3:16	I am God’s temple.
EPHESIANS 2:10	I am God’s workmanship.
EPHESIANS 3:12	I may approach God with freedom and confidence.
PHILIPPIANS 4:13	I can do all things through Christ who strengthens me.

**TAKE PRAYER REQUESTS & PRAY OVER NEEDS**

**ANNOUNCEMENTS**