



Part
1

Mindset of Peace

This past weekend Dr. Wayne started our four-week series entitled, Battle for the Mind. We will look at how our thoughts shape our reality and how to get real about shaping our thoughts. Over these weeks, we invite you to journey with someone at work, your family, or find a place to do it alone or with a friend. Let's explore together how to win from the inside out during this series.

Peace be with you from God our Father and Christ Jesus our Lord. 2 Timothy 1:2

1. Dr. Wayne talked about how we can have a mindset of peace through Jesus whatever life brings. Begin by reading Philippians 4:4-8. God has given us everything we need in order to win the battle against anxiety that is fueled by worrying.
2. No matter what you're facing right now, by changing your mindset you can find the peace of God for your life (read John 14:26-28). What do you need God to help you with at this time?
3. The peace of God is not based on circumstances and stands guard to keep worry from corroding our hearts, and unworthy thoughts from tearing up our minds. Life can come at us hard but what makes the difference is who is at the center of your life (Hebrews 12:2 & Proverbs 3:5). Is it Jesus or me?
4. If it is centered on me, it leads to fear then worry and anxiety. If it is centered on Jesus, it leads to faith then prayer and peace. Therefore, we need to change our focus from ourselves to Jesus.
5. Here are some ways that Dr. Wayne shared to help you to move from worry/anxiety to peace:
 - Pray first instead of worrying (Philippians 4:6-7 and 2 Corinthians 10:5).
 - Change your thoughts (Proverbs 4:23).
 - Talk to someone when you feel overwhelmed and pray together.
 - Other things that can help is healthy sleep, diet, exercise, reducing stress, making friends, and to stop overcommitting.

Close by praying for each other and what you might be going through at this time.

*Our role is to be **quiet** and Jesus' role is to be **peace**.*