



Soundtracks, Week 4

Identifying and replacing negative soundtracks can go a long way in supporting your mental health and changing your life.

Conversation Starter: *Have some fun as you break the ice.*

- Would you rather be able to watch only the news or never be informed about world events?
- Do you ever have any reoccurring dreams with themes that make you anxious? What's the scenario?

Key Scriptures: *Let God's word frame the conversation. Take a minute to read this selected passage together as a Group.*

- Genesis 32:22-30; Psalm 13: 1-6; 2 Corinthians 10:5

Discussion Questions: *Pick a few questions below to guide your time.*

Starting Sharing: *Choose a question or two to create openness.*

- Name some of your stress triggers.
- How have you experienced anxiety in your life? What is your typical response?
- What are some reasons for heightened anxiety in our culture?

Start Thinking: *Choose a question or two to think critically about the subject.*

- How can facing our anxiety help diminish its power?
- What does it look like to take your thoughts captive vs. being captured by them?
- Why must you remind yourself of God's truth and choose to believe it even if you aren't feeling it?

Make it Personal: *Choose a question or two to help you identify your best next step.*

- How can you slow down and create silent space this week to talk to God and clear your mind?
- What fear do you need to overcome instead of trying to ignore or flee?
- Have you ever tried imaginative prayer? Are you willing to try it this week and see what God reveals?

Next Steps: *Everybody has a next step. Check out some ideas below to help you grow by doing.*

- **Recognize:** Look for the lies that hold you hostage.
- **Remove:** Choose what you think about and cut-off sources that feed negativity.
- **Replace:** Find and repeat truth from God's word. If you don't know any verses do a quick google search!

Prayer: *Invite God to do what only He can do!*

Heavenly Father, please help us not to be people who avoid challenging circumstances but to lean on you to guide us through them. As we face anxiety this week, may we be reminded of your truth and reframe our perspective because you are with us. Amen.