

Scriptures

MAIN SCRIPTURE:

33 *"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."*

John 16:33

20 *But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ, 21 who, by the power that enables him to bring everything under his control, will transform our lowly bodies so that they will be like his glorious body.*

Philippians 3:20-21

we take captive every thought to make it obedient to Christ.

2 Corinthians 10:5b

1 *There is a time for everything, and a season for every activity under the heavens:*

2 *a time to be born and a time to die, a time to plant and a time to uproot,*

3 *a time to kill and a time to heal, a time to tear down and a time to build,*

4 *a time to weep and a time to laugh, a time to mourn and a time to dance,*

5 *a time to scatter stones and a time to gather them, a time to embrace and a time to refrain from embracing,*

6 *a time to search and a time to give up, a time to keep and a time to throw away,*

7 *a time to tear and a time to mend, a time to be silent and a time to speak,*

8 *a time to love and a time to hate, a time for war and a time for peace.*

Ecclesiastes 3:1-8

Key Concepts

We will have trouble.

Our mindset matters

How do we handle this?

- 1. Remember that this world is not our home.**
- 2. Don't' let your thoughts run wild**
 - A. Not every thought you have is true.
 - B. You are a whole person.
- 3. Learn to deal with disappointment.**
- 4. You're not alone**
 - A. You have to take responsibility for yourself.

Talk About It

How have you been feeling through this time?

What do Jesus' words mean to you?

How has your environment affected your thoughts?

What does it mean that this world is not our home?

How does this affect your life?

Do you believe all your thoughts?

What does it mean that you are a whole person?

How do you handle disappointment?

How can you take responsibility for yourself and how you're feeling?

Who do you open up to?

How can this group help you?