

I've Got A Sound Mind | Doug Wekenman | 04.28.2024

## Weekly Study

### S H A R E

As group members get settled, take a few minutes to check in with everyone and see how life is going. Share an exciting story from this week, your highs and lows, an answered prayer, or something you're struggling with. If someone is really struggling, rally the group around them and take a few moments to pray over them.

**What's a small act of kindness you've experienced that made a big difference in your life?**

**What's one thing you wish more people understood about you?**

**What does it mean to you to have a "sound mind?"**

### G R O W

Welcome to this week's stand-alone message, *I've Got a Sound Mind*. In a world filled with chaos, constant connection, and information overload, it's become more and more difficult to find peace in the midst of life's storms.

In these moments, Doug reminds us that it's crucial for us to anchor ourselves to the source of unwavering strength and clarity—Jesus. In 2 Timothy 1:7, we discover a powerful assurance—a promise that must be practiced—that reminds us fear is not our inheritance; rather, we have been given a spirit of power and love and a sound mind.

Having a sound mind is not a far-off destination reserved for the few but a daily practice of reminding ourselves that God called us to the other side and will be with us every step of the way.

**Read Mark 4:35-41 NIV**

**How did Doug's message and this passage speak to you this week?**

**Consider the three potential focal points in this passage: the other side, the storm's waves, and the presence/nature of Jesus. Reflect on your current season, situation, or life. Which of these three aspects do you tend to focus on the most? How does that focus impact your life, faith, and sense of peace? Explain.**

**We talk a lot about experiencing Jesus' "presence" in our lives, but we rarely think about the "nature" of His presence. In this passage, we see that Jesus was present but asleep. What does the disciples' question, "Teacher, don't you care if we drown?" say about their assumptions/expectations of His presence in their situation?**

**What does Jesus' question, "Why are you so afraid? Do you still have no faith?" imply about the nature of His presence in our lives?**

**M O V E**

Doug posed a very interesting question: Would you worry less if you had less to worry about? Does your boat (your mind) feel "nearly swamped" because you're trying to take on too much, do too much, be too much, or take in too much? The life we live tomorrow is fueled by what we consume today, and for many of us, what we're consuming is not just unhealthy, but too much for us to handle. God wants to fill your life with peace, purpose, joy, and freedom. The question is, have you left any space in your life, your heart, and your mind to receive and steward those things?

**Read Psalm 131:1-2 ESV, Hebrews 12:1-2 NIV**

**What sticks out to you from the passage and verses above? How do you relate? What feels convicting? Explain.**

**Spend a moment taking inventory of any feelings of worry, concern, fears, doubts, comparison, inadequacy, etc., that you're wrestling with right now. Now take inventory of the things you're consuming on a daily basis. How are these things fueling these feelings and struggles, and to what extent? Some of them may be sinful, but many of them may just be normal worldly things that are being consumed in excess, instead of in moderation. What are they?**

**Doug mentioned that a sound mind is possible because it's a promise that you practice. Part of practicing a sound mind is taking care of the brain that God gave you. What are your current practices?**

**What are three things you feel called to start practicing on a daily basis that will allow you to 1) "Throw off everything that hinders [you] and the sin that easily entangles," and 2) help you "fix your eyes on Jesus?"**

**Any final thoughts or questions?**

**P R A Y**

This week, remember that having a spirit of power and love and a sound mind is a promise you can stand on and practice daily. Remind us that you are always present, and the nature of your presence in our situation reveals the rhythms of grace you're inviting us to follow.