



I've Got a Sound Mind | Doug Wekenman | 5.11-12

Weekly Study

SHARE

- What is your favorite moment and least favorite moment of this past week?
- What is one thing you do to work through the hard moments of your week?

GROW

"For God has not given us a spirit of fear, but of power and of love and of a sound mind."
2nd Timothy 1:7 KJV

Welcome back to another week of church at Red Rocks! This week Doug had a message for us titled, **I've Got a Sound Mind**. You were not given a spirit of fear. That is not the definition of what your spirit is. You have been given a spirit of power, love, and a sound mind. That is how God crafted you. The storms of our mind are as real and reckoning as the thunderstorms outside, you are not crazy. Yet, even during a storm in your mind, your true spirit is still there. Even in the midst of a storm, God is with you and in you right now. It takes grit to agree. And it takes grit to give Jesus the reins to calm the storm. Do you believe that he can?

- What is it like to say, "I have a sound mind."? What is the level you believe that about yourself at the moment?
- What are the storms going on in your life right now? How are they affecting you? How are they affecting your faith?
- Have you ever called upon God to help quiet your mind? What was that experience like?

Read Mark 4: 35-41

- Talk with your group about any thoughts or reactions that come to mind after this story.
- In **verse 38** the disciples asked Jesus, "*don't you care if we drown?*". Talk about a time in

your life where you felt like God didn't care or see what you were going through. Have you ever expressed frustration to God? How did God answer you?

MOVE

Read Psalm 131 :1-2

We have all of the world's information, news, opinions, and entertainment at hand's reach. What are you taking into your boat? Jesus said, *"The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light,"* (Matthew 6:22 ESV). In other words, what you take in affects the state of your mind, body, and soul. King David, similarly to us, had access to all the information he wanted, yet also couldn't take on the weight of the world. So he chose to quiet his soul by limiting his intake. David still had to *choose* to let go and lift his eyes to God. What if we take the control, the anxiety, the worries - everything we are grasping so tightly, and release it into God's hands? The one who makes your weakness strong. The one who works through your imperfection and in your spirit to accomplish far more than you thought you could.

- What is the quantity of things you watch, listen to, or scroll past in a single day? What of all those things jumps to your mind as something you don't need?**
- What is one way that you have given control to God in the past couple weeks?**
- Share about a time in your life where God brought you through a season you didn't think you could get through. Talk about what your spirit or your soul felt like during that time.**

Read Philippians 4: 6-7

It's okay to not be okay. That is what this life has in store for us. There isn't perfect harmony on this side of eternity. Jesus tells us, in this world you will have trouble! We live in a broken world. Your mind, body, and relationships aren't immune from life. At the same time, it's okay to *be* okay, *even if you're not fully okay yet*. The definition of who you are stays the same despite what happens to you and despite your diagnosis. Those things are important. Your identity as a wonderfully made child of God is too. You still have a spirit of power, love, and a sound mind. Okay or not okay, your hearts and minds are guarded by a peace that surpasses understanding, thanks be to Jesus. You are not alone.

- How do the two verses you read above speak to you? How do you feel like God is instructing you or comforting you right now?**
- Have you ever been caught up over-analyzing the state of your mind? Other than the**

story of your struggle right now, what is a story you can bring to mind about God or who God says you are?

P R A Y

Partner with 2-3 people, share prayer requests, and pray for each other. Have a great week, RRA!