



**Sermon-based small groups connect the week to the weekend!**

*Dig deeper into the talk each week, while getting connected, cared for and known. Challenge yourself to see how the message actually makes sense and applies to your everyday life and do it with people just like you to support you on your journey.*

**Message Info:** Stayed On It, 10/9/22 -What steals your peace is less about the external and more about the internal. It is connected to thoughts we stay on. And we get stuck on what we stay on. Letting go of those thoughts that trap us is way easier said than done. The key is to keep our minds stayed on something else. Big faith and big trust (the kind you need to get through what you need to get through or to let go of what you need to let go of) comes from having your mind stayed on God. (Passages: Isaiah 26:3, Philippians 4:13)

**Discussion Questions:** Take your time and dig into these questions.

Sometimes even with the best intentions you still end up stuck. Do you have a story of a time when you actually got stuck that you can share with the group? What about a time where you felt emotionally or spiritually stuck?

Josh said we get stuck on what our minds stay on. Do you think this is true? Why or why not? Can you think of any real life examples?

Do you have things in your life you need to let go of? How does Philippians 4:13 help you feel encouraged about starting to let some of that go? How can you tap into the strength God provides for you more?

Read Isaiah 26:3. What sticks out to you from this verse? Why did that stick out to you?

In your own words how would you describe the idea of having a “mind stayed on Him” (or other versions steadfast on Him)?

Your faith and trust will only ever be as big as what you place those things in. Could it be when those things seem to struggle that maybe it is just our view of God is too small? How can we remedy that?

Do a quick (and reliable) google search of the attributes of God (careful it's the internet). Which attribute and very to go with it brings you the most encouragement or hope right now? Why?

**Group Challenge:** Visit the Grace Tremont Campus one Sunday and bring a friend.