

November 19, 2023 - "Don't Overthink It"

Feel free to pick and choose some of the questions below to engage with as a group. Before you leave, be sure to spend some time going over the **Top 3** things your group members need to know.

Connect: Our ability to think critically can be a double-edged sword. People can worry about the future, ruminations about the past, or what other people think about them. Which of these "worries" do you find causes you to overthink the most? (future, past, what others think)

Engage:

Read 1 Kings 19:3-5: What happens after a big victory? In chapter 18, Elijah had just confronted the prophets of Baal and the Lord answered Elijah's prayers by showing up in a powerful, mighty way. What happened to Elijah after this big victory?

Your most vulnerable points in your life can be after your greatest victories. Is there a time in your life that this has happened to you or that you have seen this in others' lives?

Robert stated that, "When I am overthinking it all, I withdraw." What does withdrawing look like in your life? Who are the people in your life that you feel like you can count on to draw you out of isolation? How can you let those people know that you are in a low place and ask for help in a healthy way?

Read 1 Kings 19:6-9: In this passage, the angel addresses an emotional need through a physical solution. Do you recognize and know when you are low? What does that look like in your life? What do you need most when you are feeling low?

Read Philippians 4:4-8: Some people are more prone to worry than others. What do you think the difference is between concern and worry? This scripture leads us to rejoicing, being gracious to others, drawing near to God, and prayer. Robert pointed us to tell God what we need and thank him for what he's doing. When is a time that the Lord has answered your prayer with HIS peace? Peace is something you can't explain, but you experience. How can you practice prayer more intentionally in your life? When is a time that you have seen the peace that prayer can bring to your life?

Apply:

The scripture leads us to change our thoughts by practicing being mindful and intentional in our thought life. What ways can you fix your mind on things that are noble, admirable, lovely, and pure? What are those things in your life? What are ways that you can build some fruitful things in your life that can lead to His peace and your rest?

Prayer:

Lord, you are our creator and sustainer. You are holy and set apart, and we are blessed that you are mindful of us. We are thankful for all you have done for and in us. We are thankful for the work of Christ on the cross and that we have EVERYTHING in Christ. Life can be overwhelming, and we can lack trust in you. We know You are faithful even when we are faithless. We ask that you give us peace, Your daily peace, that we bring glory and honor to your holy name, and that we may rest in You!

Top 3:

Important Upcoming dates :

November 26 | One Worship Service at 9:30am only

Around the Table | November 29 at 5:30 pm | Homes in Surrounding Area

We want all Groups to be able to participate in **Around the Table** on November 29. This will take place on a Wednesday evening and would be a great thing to attend in lieu of a group meeting. This will be a night of meals shared across the Jackson-Metro area and is a way for members to get to know other members that live near them. Encourage your group members to sign up [here](#) or at <https://fconnect.ccbchurch.com/goto/forms/405/responses/new>. Once you're signed up, you will be connected to a host home in your neighborhood.

Foster Care Christmas Party - December 14

We're excited to throw the Hinds County Foster Care Christmas Party for the eighth year in a row. This is a great night of fun that serves families in the Foster system and Child Protective Services workers. In the past, Deacons have been instrumental in the execution of this event. In large part, we'd still love your help engaging in this event. There are three primary ways you can help with the Christmas party.

1. Come help us wrap gifts and decorate at *Foster Care Christmas Wrapped* on Wednesday, December 13, from 5:30-7 pm in the Community Center. This is a kid-friendly event, so if applicable, feel free to bring your whole family to serve with you here.
2. Contribute towards the cost of a gift or the cost of the event. We're partnering with our friends at Swell-O-Phonic to provide a pair of new shoes to every child in the CPS system in Hinds County. The cost per pair of shoes is \$55, and there are great opportunities for both personal gifts, small groups to go in together, and listed sponsorship opportunities for interested groups and businesses.
3. Serve at the event on December 14. The event itself will run from 5:30-7 pm with opportunities to serve in a variety of roles ranging from serving in parking to serving as a personal shopper to help kids find their shoes. There are opportunities to serve earlier in the day to help with any day-of and remaining set-up before the event.

You can get more information about this event by visiting fondrenchurch.com/events.