

Message Study Guide

(Scriptures & quotes from this week's message are available on thorncreek.church/live)

Warming up

1. Do you ever find it hard to stay focused on the task at hand?

Digging Deeper & Application

Take your time reading the scripture given. If possible look up the verses in different versions and pause at each verse and discuss it.

2. Think about a time when your thoughts ran away. How did it make you feel?
 - Did you try to deal with it yourself or did you go to God with it?
3. Read 1 Samuel 10:8 and 1 Samuel 13:1-15. What was the command that Samuel gave Saul?
 - Why didn't Saul do what Samuel said to do?
 - What was Saul fearful of? Where was Saul's trust?
4. Read Matthew 14:22-32. Where did the disciples' minds race too first? What did they think Jesus was?
 - What was Jesus' command to them?
 - Peter walked on the water with Jesus. Why did he start to fall?
5. 2 Corinthians 10:5 says to take every thought captive and make it obedient to Christ. How do you take your thoughts captive? How do you know that you need to do that?
6. Pastor Jeremy said that we need focus on the truth. How do we know what is true? When we have run away thoughts, how do we focus on the truth? If we can't shake a thought or thought pattern, what should we focus on? (See Colossians 3:1-2 and Philippians 4:8)
7. To control run away thoughts, we are supposed to pray. What does that prayer look like?
 - When should you pray about run away thoughts?

- Find 3 verses in the Bible that speak to God's responses to our prayers.
8. Read Psalm 56:3. Where do you put your trust when you are afraid?
- Is it always in God first or do you think you can handle it then go to God if that doesn't work?
9. Of the four points Pastor Jeremy gave for controlling run away thoughts, which one do you need to work on?
10. Take your thoughts captive. Focus on the truth. Talk about it with God. Trust in God.

Application

Below are some of the points or quotes shared in the message. Discuss how they apply to your life.

4 Things To control runaway thoughts:

1. Take your thoughts captive.
2. Focus on the truth
3. Remember - Jesus is the Son of God
4. Trust in God

God is capable of carrying what you can not. He will sustain you. He will hold you up!