



"So, is that what is wrong with my sisters?" _quote from my 11year old son to my wife while watching this weeks sermon

My son could have said, "So is that what is wrong with my dad!" hahaha... Pastor Mark hit it home with how anxiety ridden our current generation is and I was also challenged by this week's message. *"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the God of Peace, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."* Philippians 4v6-7 DO NOT BE ANXIOUS ABOUT ANYTHING!! This scripture has been a main practice of mine this past year, and the miracle of the God of Peace guarding is true, it does not happen overnight, but the voice of anxiety grows less and less, the more we surrender to God.

Small Group Guide Below: "InsideOut 2"(Pastor Mark)

Opening Discussion:

1. What emotions do you find most challenging to manage experiencing most often? Why do you think that is?

Discussion Questions:

1. Pastor Mark talks about how God's pleasure in Jesus was rooted in who He was, not what He did. How might this perspective change how we view ourselves and others? (Matt. 3:17; Mark 1:11; Luke 3:22)
2. Discuss the concept of "overprotective parenting." How have you seen this play out in your own life or in families you know?
3. Pastor Mark says that suffering can produce perseverance, character, and hope. Share an experience where you've seen this to be true in your life.
4. How do you typically cope with anxiety? How effective have these methods been?

Practical Applications:

1. Device Boundaries: Commit to implementing one of the suggested boundaries for device use, for you and your family. (e.g., no devices in bedrooms at night, or one device-free day per week).
2. Prayer Practice: This week, when you feel anxious, try immediately turning those thoughts into prayers. Keep a journal of how this affects your anxiety levels.
3. Trust Exercise: Identify one area of your life where you struggle to trust God. Write down specific ways you can actively choose to trust Him in that area this week.
4. Social Media Audit: Evaluate your social media use. How does it affect your emotions? Consider taking a short break or social media fast" and reflect on the impact.
5. Building Risk-Taking: If you're a parent (or future parent), brainstorm age-appropriate ways to allow children to take healthy risks and build resilience.



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