

A Quiet Christmas: Peace on Earth, Peace of Mind
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Sermon Discussion Questions

1. Adam said situational anxiety and depression originate where? What stresses you most in the Christmas season? Decorating, cooking, parties, presents, crowded stores, visiting family, or something else?
2. Fill in the blank, "What we hear and see is what we _____ about."
3. **Read 2 Timothy 4:3-4, "For the time is coming when people will not endure sound teaching, but having itching ears they will accumulate for themselves teachers to suit their own passions, and will turn away from listening to the truth and wander off into myths." ESV** Are you aware of any teachings in some American churches that fall into this category? If so, what are those teachings? Why are they more appealing than the truth?
4. When you are not busy working, taking care of family, etc. what things do you naturally think about?
5. Can you think of things you need to stop watching and hearing? If so, what are they and how are those things negatively affecting you?
6. **Read Romans 12:2, "Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will." NIV** How is your mind renewed? What new habits can you create to renew your mind with the things of God?
7. Fill in the blank, "What we think about is what about is what we _____ about."
8. **Read Luke 12:34, "For where your treasure is, there your heart will be also." NIV** Honestly list the top five things you value in life. Please share. Is your relationship with God – spiritual life on that list?
9. The writer of Hebrews exhorts Christians to "**lay aside every weight and sin**" and run the race with endurance. (Hebrews 12:1) What are some weights that can hold you back in your Christian walk that are not necessarily sins?
10. **Read 2 Corinthians 10:3-5, "For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ." NIV** How did Adam suggest we take every thought captive?
11. Fill in the blank, "What we care about is what we chase, and what we chase is what we _____."
12. **Read 2 Corinthians 5:17, "Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come." ESV** Share some way your life has changed since accepted Christ as your Lord. Changes may be some of the things you watch, hear, care about, and chase. How have those changes changed your character?
13. Think about a person you know this season that may be going through a difficult time and add them to your prayer list (and of course pray for them too!).