



# Connect Church

P.O. Box 352 Ellenwood, GA 30294 678-705-8121 [www.connectchurchatl.org](http://www.connectchurchatl.org)

Worship  
Sundays 10:30am

Connect Groups  
Weekly

## **Anxious for Nothing** *(Finding Calm in a Chaotic World)*

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**Lead Pastor**

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# 7 THINK ABOUT WHAT YOU THINK ABOUT

## Chapter 7 Great Gratitude

- **What are the things that you feel you can't conquer?**
- **When you get a call from your doctor, what is your initial thought?**
- **What is your temperament when your money is short? Do you feel that everything is over, do you begin to believe you are broke?**
- **How do you speak life to your situation?**
- **Ask yourself...if the news is not favorable, do you believe GOD is still in control and things can work in your favor?**

Proverbs 18:21 puts it this way: "The **tongue** has the **power of life and death**." The stakes are high. Your words can either speak **life**, or your words can speak **death**. Our **tongues** can build others up, or they can tear them down.

We often create our own anxiety by our thought process and what we give energy. That's why Proverbs 4:23 reads "Above all else, guard your heart, for everything you do flows from it."

We must stop having negative thoughts.

Remember the parable of the 2 wolves...

### **The story of the two wolves**

An old Cherokee Indian chief was teaching his grandson about life.

He said, "A fight is going on inside me," he told the young boy, "a fight between two wolves.

The Dark one is evil - he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego." He continued, "The Light Wolf is good - he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you grandson...and inside of every other person on the face of this earth."

The grandson ponders this for a moment and then asked, "Grandfather, *which wolf will win?*"

The old Cherokee smiled and simply said, "*The one you feed*".

Which one will you feed?

- 1. What are the things that you feel you can't conquer?**

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- 2. When you get a call from your doctor, what is your initial thought?**

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**3. What is your temperament when your money is short? Do you feel that everything is over, do you begin to believe you are broke?**

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**4. How do you speak life to your situation?**

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**5. Ask yourself...if the news is not favorable, do you believe GOD is still in control and things can work in your favor?**

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