

SPIRITUAL GROWTH CHALLENGE



EPIC
CHURCH

GOD



Talk and listen to God daily

Group & Personal Prayer Requests for the Week

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GROW



Apply what you learn from the Bible

GATHER



Gather with a group of Christ followers

BIBLE VERSE FOR THE WEEK:

“Don’t worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.”

Philippians 4:6-7

SUGGESTED BIBLE READING:

Note: You can download the YouVersion Bible App to access the Bible and Bible reading plans. We recommend starting with the New Living Translation of the Bible.

- Monday – Philippians 4:6-7
- Tuesday – Philippians 4:8-9
- Wednesday – Romans 8:5-6
- Thursday – Hebrews 4:14-16
- Friday – James 4:1-3

WORSHIP SONGS:

- We Praise You by Bethel Music
- My Defense by Vertical Worship
- King Of Kings by Hillsong

- 1) Did you have any worries as a kid that seem silly now? If so, what were they?
- 2) How often would you say you experience worry? What do you tend to worry about most? What do you do when you are feeling worried?
- 3) Read Philippians 4:6-7. Which part of the message was the most impactful for you about worry?
- 4) Share about a time when you decided to trust God instead of worrying. What prompted that decision? What kind of impact did it have on you?
- 5) What is something you are worried about that you are having a hard time trusting God with? Why do you think it is so hard to trust Him with it?
- 6) This week continue to memorize and meditate on the verse and statement to defeat your stronghold. In addition to this, set aside 12 minutes for focused prayer each day. At the end of the week, reflect on how your thought life has been affected. You may want to write out your prayers in a journal to help you see what you prayed about each day. Then consider doing this for 8 weeks as Craig suggested.

GIVE



Give of your time, talents & treasures

GO



Tell others about Jesus with your life & words

If you are not serving, consider serving on our set-up or tear-down team. You can go to our website to get involved or email us at info@theepicchurch.com.

Be praying who God would have you to invite to Epic as many people will be ready to re-engage life as school starts in August! Invite those people this week!

MESSAGE NOTES

MESSAGE OUTLINE

- Who worries?
- The power of prayer!
- How does prayer change me?
- God box!
- What's on your mind?

KEY TAKEAWAY

Prayer is never our last line of defense. It's always our first line of offense. (Craig Groeschel)



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