

Series: C.A.L.M. in the Chaos

Title: Refocus and Reflect

Speaker: Kip McCormick

Date: April 27-28, 2018

1. Take a few minutes to look back and discuss how this series impacted your life.
2. One more time, review what does C.A.L.M. refers to?
3. How did the motorcycle illustration introduce us to the main point of Kip's message?
4. When it comes to focus, what's the difference between thinking, "What if" and "Even if"?

How did the boy who received the poo present illustrate the power of focus?

Has anyone tried thinking even if instead of what if? If so, what happened?

5. Read Philippians 4:6-7 and then try and turn the terms there into questions.

Example: Whatever is true becomes, what are the facts, what's true about God in this situation?

Noble
Right
Pure
Lovely
Admirable
Anything excellent or praiseworthy

6. Why do Jesus and Paul constantly talk about what we think about? Or, why is focus management so vital to life and following Jesus?
7. How might you help someone who tries but can't seem to find the peace that Philippians 4 promises?
8. Explain the following: Anxiety *can be*
 - an authority issue.
 - a medical issue. See 1Timothy 5:23
 - a focus issue.

BTW here are some ways I've learned to refocus when I'm depressed or anxious. OVER

- Listen to and singing Christian music at home

- Reading Scripture daily
- Talking with Jesus often
- Facing a problem I've been avoiding
- Going outside or at least looking out there
- Going for a drive
- Giving thanks for 100 things- this isn't easy
- Having a pet
- Socializing and talking deeply with people you can trust
- Helping someone in need
- Listening and trying to understand other people's problems
- Playing with children
- Never ever giving up or giving in