

AT THE MOVIES: Part Three

July 19, 2026

Message Summary.

Our emotions are a gift from God, and they were never meant to lead our lives. Left unchecked, our emotions can shape unhealthy beliefs, fuel anxiety, and convince us to believe lies about ourselves. God's answer isn't to ignore our emotions; it's to surrender them to Him and renew our minds with His truth. As we replace lies with Scripture and fix our minds on Christ, we discover the peace and joy that only Jesus can provide.

Key Scripture Summaries.

Proverbs 23:7 | "...as he thinks in his heart, so is he."

Romans 12:2 | Be transformed by the renewing of your mind.

2 Timothy 1:7 | God has given us a spirit of power, love, and a sound mind, not fear.

Philippians 4:6-7 | Bring your anxieties to God through prayer, and His peace will guard your heart and mind.

2 Corinthians 10:5 | Take every thought captive and make it obedient to Christ.

Colossians 3:2 | Set your minds on things above, not on earthly things.

Psalms 94:19 | "When anxiety was great within me, your consolation brought me joy."

Start Talking.

1. If your emotions had a "control panel," which emotion has been most active lately?
2. Have you ever discovered that something you were worried about never actually happened?
3. What's a healthy habit that helps you reset when life feels overwhelming?

Start Thinking.

- The message said, "Your emotions are real, and they were never meant to be your leader." Why is that an important distinction?
- How do our thoughts eventually become beliefs that shape the way we live?
- Read Romans 12:2. What does it practically look like to "renew your mind"?

- Why do you think anxiety so often convinces us that worst-case scenarios are inevitable?



Start Sharing.

1. What part of Sunday's message spoke to you most personally?
2. Have you ever recognized a lie you were believing about yourself? How did God's truth begin to replace it?
3. Which Scripture from this week's message encouraged you the most, and why?
4. What anxious thought or recurring fear do you need to "take captive" this week?
5. How can this group encourage one another to choose faith over fear?

Start Praying.

Father, thank You for caring about every part of us, including our emotions. Help us acknowledge our feelings without letting them control our lives. Teach us to recognize the lies that anxiety whispers and replace them with the truth of Your Word. Renew our minds, guard our hearts with Your peace, and remind us every day that You are with us and for us. Help us choose joy because our hope is found in Jesus. Amen.

Start Doing.

- Identify the lie. Write down a recurring anxious thought or false belief.
- Replace the lie with the truth. Find a scripture that directly speaks against that lie, and read it each day this week.
- Begin each day with God first. Spend a few minutes in Scripture and prayer before checking your phone, email, or social media.
- Practice taking thoughts captive. When an anxious thought appears, ask: Is this true? Does this agree with scripture? Is this leading me toward faith or fear?
- Reach out to someone in your group if you're carrying a burden alone.