

Week of Sunday March 28, 2021:

Ice Breakers:

1. If you could only have one condiment for the rest of your life, what would it be?
 2. What was your highest point and lowest point from this past week?
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Message: “Winning the War on Worry”

Text: Ephesians 6:10-18 (ESV)

10 Finally, be strong in the Lord and in the strength of his might. 11 Put on the whole armor of God, that you may be able to stand against the schemes of the devil. 12 For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.

13 Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. 14 Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, 15 and, as shoes for your feet, having put on the readiness given by the gospel of peace. 16 In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; 17 and take the helmet of salvation, and the sword of the Spirit, which is the word of God, 18 praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints.

1. What stood out to you from Sunday’s message? Did God speak something specific to you?

The first piece of armor God tells us to put on is the belt of truth because every other piece of armor is connected to it. Jesus tells us that he is the way, the TRUTH, and the life (John 14:6). Your victory in this war against the devil is dependent upon you knowing truth, it’s dependent upon you knowing Jesus.

2. How is Jesus leading you to spend more quality time in your relationship with him?

Putting on the Helmet of Salvation is living with the mindset of knowing your true answer to everything you face in life. Just as Jesus is the answer for your brokenness, he is also the answer for whatever you face. Life will throw things at you that you can’t escape from- you have to face them. It’s in those moments the natural feeling of anxiety reminds of what we really need- to bring Jesus in.

- 3. What is a challenge you will face this week that causes you to feel anxious? How can you bring Jesus into that?**

Anxiety can't exist in a heart that is filled with praise. We have learned more about our brains in the last two decades than in the last 2,000 years combined. Science is showing us that gratitude changes you and it changes your brain.

- 4. What is something you can praise God for right now in your life? How can you fix your thoughts on this?**

- 5. What do you need prayer for this week? Take some time to pray for one another.**

Sunday Service

Sunday Service Times: **8:30am + 10:00am + 11:30am**

*Watch church online at www.captivatesd.com

Upcoming Events

Women Community Huddle Night

When: Tuesday, March 30th @ 7pm

Where: Captivate Church

Young Adult Community Huddle Night

When: Wednesday, April 7th @ 6pm

Where: Captivate Church

Easter Service Times

Saturday, April 3rd @ 4pm

Sunday, April 4th @ 8:30am, 10am, 11:30am

Kid's Content

Parents, we invite you to check out content for all ages in the links below. There are activities, videos and follow up discussion PDF's for you and your kids. [Captivate Kid's Content Page](#)