



**FEBRUARY 24, 2022**



## Welcome to the Mentoring Collective!

God began planting the seeds for the Mentoring Collective two years ago through a series of meetings with women from our church. These women expressed a desire to connect their faith with everyday life. They longed to see Jesus make a difference and to know they were not alone in the struggles they faced.

Mentoring is what the Lord kept bringing to mind as a way to meet these needs. But the number of women who wanted this kind of input felt a little overwhelming. Where would we find so many mentors? And over time and through prayer, the Lord brought to mind the idea for the Mentoring Collective. Mentoring gives shape to living out God's Word, and Collective means we're growing together in Christ-centered relationships.

My prayer for you tonight is that you would experience the abundant and tangible provision of the Lord through His Spirit, His Word, and His people. God sees you, loves you, and is always with you. You are never alone!

Warmly,  
Carrie  
Women's Ministry Director





## WHOLE BEING CHECK UP

### MY BODY

- What am I experiencing regularly in my body?
- What am I eating?
- What are my sleep habits?
- What is my exercise?
- How am I nourishing my brain?

### MY HEART: My mind, will, and emotions

- Where am I giving most of my attention and affection?
- What are my strongest thoughts?
- Am I believing every thought I have?
- What feeds my mind and my heart regularly?

### MY SPIRIT

- Who or what defines truth for me?
- What do I believe is my purpose?
- What lies am I believing about God, myself or others?
- How am I nourishing my spiritual life regularly?

### MY RELATIONSHIPS

- Whose voices am I allowing to speak into me?
- Who am I following?
- Who am I allowing to really know me?
- Who are the people in my life encouraging me in truth and fighting for me?

### RESOURCES

Jennie Allen, *Get Out of Your Head*  
 Linda Dillow, *Calm My Anxious Heart* (2020 edition)  
 Louie Giglio, *Don't Give the Enemy a Seat at Your Table*  
 Craig Groeschel, *Winning the War in Your Mind*  
 Dr. Daniel Amen, <https://www.amenclinics.com>  
 Dr. Caroline Leaf, <https://www.drleaf.com>



## THOUGHT ASSESSMENT

### GRAB THE THOUGHT

What is it?

### DIAGNOSE THE THOUGHT

Is it true?

### TAKE IT TO GOD

What does God say about it?

### MAKE A CHOICE

Am I going to believe God?



## TAKING ANXIOUS THOUGHTS CAPTIVE

### **PSALM 23**

The LORD is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the LORD forever.

### **PSALM 42:5**

Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation.

### **PSALM 56:3**

When I am afraid, I put my trust in you.

### **PSALM 94:19**

When the cares of my heart are many, your consolations cheer my soul.

### **PROVERBS 3:5-6**

Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.

### **ISAIAH 26:3**

You keep him in perfect peace whose mind is stayed on you, because he trusts in you.

### **ISAIAH 41:10**

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.



### **ISAIAH 54:10**

For the mountains may depart and the hills be removed, but my steadfast love shall not depart from you, and my covenant of peace shall not be removed," says the LORD, who has compassion on you.

### **Jeremiah 17:7-8**

"Blessed is the man who trusts in the LORD, whose trust is the LORD. He is like a tree planted by water, that sends out its roots by the stream, and does not fear when heat comes, for its leaves remain green, and is not anxious in the year of drought, for it does not cease to bear fruit."

### **Matthew 6:25-34**

"Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add a single hour to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you. "Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble."

### **Matthew 11:28-30**

Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.

### **JOHN 8:32**

And you will know the truth, and the truth will set you free.



### **John 14:27**

Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.

### **John 16:33**

I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.

### **Romans 8:6**

For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.

### **ROMANS 8:31-39**

What then shall we say to these things? If God is for us, who can be against us? He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things? Who shall bring any charge against God's elect? It is God who justifies. Who is to condemn? Christ Jesus is the one who died—more than that, who was raised—who is at the right hand of God, who indeed is interceding for us. Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword? As it is written, "For your sake we are being killed all the day long; we are regarded as sheep to be slaughtered." No, in all these things we are more than conquerors through him who loved us. For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

### **ROMANS 12:2**

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

### **ROMANS 15:13**

May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.



### **2 CORINTHIANS 10:3-5**

For though we walk in the flesh, we are not waging war according to the flesh. For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ.

### **PHILIPPIANS 4:6-9**

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned[a] and received and heard and seen in me—practice these things, and the God of peace will be with you.

### **PHILIPPIANS 4:12-13, 19**

I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me. And my God will supply every need of yours according to his riches in glory in Christ Jesus.

### **2 TIMOTHY 1:7**

For God gave us a spirit not of fear but of power and love and self-control.

### **HEBREWS 4:14-16**

Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.



## NOTES

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