



Resolution: A decision to do or not do something.

Revolution: To forcibly/intentionally overthrow the authority that controls our lives.

● A revolution in our life changes the **thoughts** of our life.

2 Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think... Romans 12:2 (NLT)

2 Wise thinking leads to right living; Stupid thinking leads to wrong living. Ecclesiastes 10:2 (MSG)

23 Carefully guard your thoughts because they are the source of true life. Proverbs 4:23 (CEV)

When we experience a revolution in our lives:

● We guard against **worry** in our life.
6 Don't worry about anything... Philippians 4:6 (NLT)

The dangers of worry:

- Worry changes our **outlook** on life.
- Worry changes our viewpoint on **God**.
- Worry **imagines** a scenario in our future without God's presences, power and protection.

You can't have a positive **life** with negative **thoughts**.

"If your sinful nature controls your mind, there is death. But if the Holy Spirit controls your mind, there is life and peace." Romans 8:6 (NLT)

If you want to stop worrying:

● **Pray** about **everything** that concerns you.
6 Don't worry about anything; instead, pray about everything. Tell God what you need... Philippians 4:6a (NLT)

● **Thank** Him for everything He's already **done**.
6...Tell God what you need, and thank him for all he has done. Philippians 4:6b (NLT)

Prayer + Thankfulness = **Peace**

● **Focus** your thoughts.

⁸ And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Philippians 4:8 (NLT)

Summing it all up, friends, I'd say you'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse. Philippians 4:8 (MSG)

Action Steps:

- Don't get **discouraged** and give up but continue to **trust** God. Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing... Philippians 4:9a (NLT)
- The peace of God does not require **answers** from God.Then the God of peace will be with you. Philippians 4:9b (NLT)

7 Give all your worries and cares to God, for he cares about you. 1 Peter 5:7 (NLT)



**TO CREATIVELY LOVE AND LEAD PEOPLE
IN A GROWING RELATIONSHIP WITH JESUS.**

Questions that can be used in Connection Groups:

These questions also work well for personal time with God.

- What scripture and/or point spoke most to you from the Talk on Sunday? Explain why?
- Do you believe that anxiety keeps us from a God shaped life? Explain.
- In your own words explain why a revolutionary life experiences a changed thought life?
- How important are our thoughts? Do you believe that our thoughts change the direction of our life?
- Can we have a positive life while maintaining negative thoughts?
- What does it mean to pray about everything? Do you find that to be a challenge personally?
- How does thankfulness correct our anxious hearts?
- How would you describe God's peace to someone that has never experienced it?
- What does it mean to focus our thoughts? Where does Phil. 4:8 tell us to focus our thoughts?
- In your life, have you found that the peace of God does not require answers from God? Give an example if you can.
- Read 1 Peter 5:7; What does it mean to give all of our worries and cares to God?

For more Talks, visit us at:
fresnoquest.com

Get connected! Try out a Connection Group.



Information available in the courtyard.

OTHER NOTES:



Doing life together

Today's Talk..

YOU SAY YOU WANT NEW YEARS
REVOLUTION



Anxious Thoughts