

## Detox

### 1. When Your Mind Won't Stop Running

**Table purpose statement** (Can be shared at the start or before the Discovery section):

*This group exists for the purpose of discipleship. A disciple is someone who loves and obeys Jesus. (John 14:15) That means our focus is hearing from God and taking steps of faith. Our goal is to multiply another healthy Table. That means one day, some of you will lead a group like this!*

### Table Talk (1/3 of meeting)

- What's a trait that a parent/relative has that you've inherited?
- Share a high and/or low from your Christmas or New Year's.
- How do you hope to grow spiritually this year?
- Dedicate your year to God through worship. Recommended: [Everything and Nothing Less.](#)

#### Discussion Guidelines

1. Everyone shares in sentences, not paragraphs.
2. Focus only on what this passage is saying. (This keeps everyone on the same page)
3. Share from your perspective – we won't argue or give advice.
4. Give everyone time to respond. Silence is OK.
5. The facilitator will facilitate discussion, not teach.

### Discover what God is saying to you. (1/3 of meeting)

*Big Idea: God detoxes anxious thought patterns and replaces them with peace.*

#### Read [Philippians 4:6-9](#) (NLT)

- What part of this passage feels like it's for you? What is challenging about that?
- What does this passage teach us about dealing with worry and anxiety?
- Share a recent example of when you spiraled into worry. Why do you think you responded this way instead of through prayer?
- Prayer is a crucial part of relying on God. What word would you use to describe your prayer life? Why?

### Go do it. (1/3 of meeting)

- Let's practice prayer now rather than just talking about how we need to. One helpful way to grow in prayer is to use a format that guides us, like the Breath Prayer from our Sunday gathering. Take time to walk through the Examen prayer as a group.
  - **Option 1: Read the Examen Prayer Guide.** ([table.org/examen](#)) Have someone read each prompt, leaving 1-2 minutes for reflection after each section. Journal whatever comes to mind.  
*Note: if you meet in public, you can always sit in prayer with your eyes open. It still counts!*
  - **Option 2: Play the Examen Audio Guide** ([table.org/examenguide](#))
- Share how that went for you- the good, the bad, the ugly!
- How are you feeling prompted to participate in the upcoming [21 Days of Prayer and Fasting?](#) How can we help?