



Pastor Josh Surratt — March 15<sup>th</sup>, 2026

If you would like to watch the weekend message, visit [www.frontrange.org/messages](http://www.frontrange.org/messages)

This is only a guide. Feel free to discuss each of the questions provided or simply dive deeper into just one.

### Scriptures:

- Ephesians 6: 17, 1 Thessalonians 5:8

### Three Essential Questions

The following questions are intended to be open-ended and encourage members to consider how they felt and what they, or the group, can do as a result of hearing the message.

1. What did you hear? What point in this message was most impactful for you?
2. What do you think? How did this message challenge, change, or affirm your thinking?
3. What will you do? How will you or your group put into practice what you've learned today?

### Message Points/Extra Questions

1. What stands out to you about the phrase "helmet of salvation"? Why do you think Paul connects salvation with protecting the mind?
2. What are some of the things people commonly use to "guard" their minds instead of hope in Christ? (Examples mentioned: doomscrolling, achievement, control.)
3. When life feels chaotic, what thoughts tend to dominate your mind?
4. Psalm 42:5 shows the psalmist speaking truth to his own soul. What does it look like practically to preach truth to yourself when your thoughts spiral?
5. What kinds of "noise" compete for your attention and shape your thinking?
6. What is one habit that would help you better fill your mind with God's truth this week?
7. How does hope help us keep moving forward even when life is difficult?