



STUDY GUIDE – April 26, 2020

Message Title: **Anxiety**

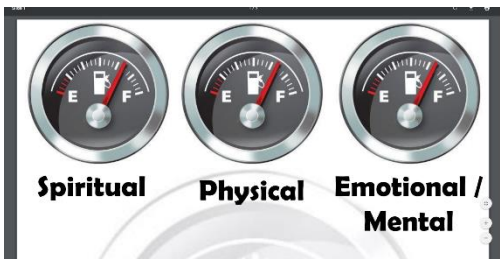
Teaching Pastor: **Brian Hughes**

This study guide has been designed for Small Groups in mind, and can be used by individuals as well.

OVERCOMER Anxiety..... 4/26/2020

Warm-up/Icebreaker:

Take a few minutes for each person to share gauge levels on their Spiritual, Physical and Emotional/Mental health tanks.



Pray:

Dear Lord, help us to honestly evaluate if there is any area that we have been more devoted to than You. Reveal to us anything that we have prioritized higher than what You are building, and let us feel Your Presence as you meet us exactly where we are in this moment. Help us shift our minds and hearts, and help us lay it all down, as we enter into Your presence and peace.

Get Started:

It's important to slow down enough to ask yourself, "Is there something I am anxious about?" Take 30 seconds to write down what topics are worrying you the most and then answer the following questions:

- Would you consider yourself to be a person who worries and what is it that you worry about the most?

Read the following excerpt from Pastor Brian's message Sunday: "Your **emotion reveals your devotion**: Are you devoted more to what you've built than you are to what God is building? Who do you really trust here?.....And what should be your ultimate devotion? God. The Things of God. The Thoughts of God. The Kingdom of God. The Movement of God."

- *We worry about what we regard as important.* Have you ever considered that there might be an area in your life that is held in higher devotion than God?

Read 1 Peter 5:6-7

In the original translation, these two verses were **one sentence** and they had a comma between them. Reread this verse with the comma instead of a period between the two verses.

- Does this change the way you understand this scripture at all (i.e. what happens primarily and then what happens secondarily as a result in this case)?

Watch and Discuss video:

In the video, Pastor Brian focused on the fact that the opposite of anxiety or worry is peace. He also said that there is no promise from God that says that we won't suffer trouble at times. So, what it means to not be anxious stands on the promise that God will guide us through the trouble and be with us. David wrote Psalm 23 when he was facing life-threatening danger.

Read Psalm 23

- What stands out the most to you in this chapter?
- When facing anxiety, a plan is important but it's more about a person than a plan. Jesus is that person who will bring peace. Each day this week, read this chapter and see if it helps you to experience increased peace.

Reflect and Commit:

Some days we can picture the pasture but other days life's circumstances feel more like a full-on battle. Listen to what King Jehoshaphat prayed as Judah faced their enemies:

Read 2 Chronicles 20:5-12

The people had come to the place of realizing three things for certain:

1. They had no might against their enemies.
2. They did not know what to do.
3. They needed to have their eyes focused on God.

Read 2 Chronicles 20:15,17

Imagine that the enemies we face are our worries. What practical applications can you learn from both Jehoshaphat's prayer and the prophet's words to Jehoshaphat?

If we lived this out and let God fight for us, then we would have more time to devote to things that are positive and actually make a difference. We would find that our spiritual, physical, and emotional tanks would get filled and that overtime we overcome anxiety.

Pray:

Dear God, we thank You. You don't give a spirit of worry or anxiety, but You give us peace for our restless souls... peace for highly unstable moments just like this. Help us Jesus to seek You first and turn our minds and thoughts to you, trusting that You will meet our needs there. Let our ultimate devotion and priority be You..