



STUDY GUIDE

March 12, 2023

Message Series:

Everything's Fine

Message Title:

Put Anxiety in Time-Out

Teaching Pastor:

Brian Hughes

Warm-up/Icebreaker: (10 min).

Share one thing that makes you unique OR share a high and a low from your week.

Pray:

Dear Lord, we first just want to recognize You as the Creator of all things. You have the power...the world spins at Your command and we're just grateful that You'll hear us today. We often find ourselves overwhelmed by circumstances that are beyond our control. We are easily distracted by discouragement. But even when we are faced with intense situations, You are still seated on the throne and You are with us and for us. You are the God of peace and we have access to Your peace-filled presence whenever we draw near to You. We trust You and love you. It's in Jesus's name that we pray. Amen.

Get Started: (20 min.)

Read Matthew 6:34.

- What is currently causing you to worry or be anxious?
- Why do you think so many people, including Christians, struggle with anxiety, lacking peace of mind?
- What is the difference between God's peace and the peace that the world offers?

Read Philippians 4:4-7 and Matthew 11:28-30.

- What would it mean to live out these passages? What would need to happen?

"Jesus said that his own followers would have trouble in the world. He predicted it, and it's certainly come true in my life. So since we all know that problems and challenges and even crises have come and will come and since we all know that life is hard sometimes and since we all know that life doesn't always work out the way we want, what can we do? When we're anxious, we can, through prayer and petition, with thanksgiving, present our requests to God. And then we WILL receive the greatest gift: The peace of God that blows people's minds. The kind of peace that makes no sense. The kind of peace that stops people in their tracks while they stand in front of you, jaw on the ground, and ask, "how is it that you have peace in a moment like this?" - Pastor Brian Hughes

Watch and Discuss Video (running time 10 minutes, 15 minute discussion)

- In the follow up video, Pastor Brian makes the statement that "emotion reveals devotion." What do you find yourself being emotional about and what does that reveal about your devotion?

- He also said “control and anxiety have an inverse relationship” meaning that we tend to get anxious about the things we cannot control. How have you seen this to be true in your own life?

Reflect and Commit: (20 min.)

“You actually have control over what you think about. Where your mind spends energy is a choice you make. And if you argue that you can’t help it, consider what that says about the power of God. We claim the potent statement Paul made, “I can do all things through Christ who gives me strength” which we talked about right here two weeks ago. We claim it, and then throw it out the window by saying, “I can’t help where my mind goes.” But you can. You can put anxiety in a time-out by presenting your request to God and leaving it with him.” -Pastor Brian Hughes

Read 2 Corinthians 10:5 and Philippians 4:8-9.

- Do you typically think about what you are thinking about or do you allow your thoughts free reign?
- How would putting the instructions presented in these verses into practice help combat anxiety?
- Why are our thoughts so important when it comes to following Christ?

Gather prayer requests and pray. (5-10 min.)

(Read aloud together)

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:4-7)

Pray:

Dear Lord, we acknowledge that You are above all and yet You are so close. Increase our desire to seek You. You have told us in Your Word to be anxious for nothing, and we know in our hearts that we are anxious about a lot of things. We pray to You now asking You to release us from our anxious thoughts which can often feel like a snare. We acknowledge that You are near and can free us. Create in us a pure, thankful heart by helping us to think on all that is good in our lives. We desire to have Your peace that transcends all understanding. In Jesus’ name, Amen.