

ANXIOUS

F O R N O T H I N G

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Overview:

A study of Philippians 4 and the secret to overcoming anxiety in every area of life.

Lessons:

1. The Secret to Overcoming Anxiety
2. Why Control Freaks Get So Anxious
3. When Your Thoughts Run Wild
4. When People Make You Anxious
5. When Finances Make You Anxious



THE SECRET TO OVERCOMING ANXIETY

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TALKING POINTS

Learn how to replace the Anxiety cycle with the Peace cycle.

- Step 1: Overthrow worry. _____ anxiety for what it is and get ready to overcome it.
- Step 2: Replace anxiety with prayer. Instead of letting your worries trigger the anxiety cycle, let them _____ prayer instead!
- Step 3: Verbalize your needs. Getting _____ with God about what you need can be a great way to calmly and objectively evaluate your anxiety.
- Step 4: Thank God for the _____ in your life. Even in the midst of our scariest trials, there is still so much to be thankful for.

DISCUSSION

1. *Describe your experience with anxiety. What are the top 3 things making you anxious right now?*
2. *Review the anxiety cycle. How do you typically try to avoid anxiety? How has that failed you in the past?*
3. *Read Philippians 4:6. What does it look like to overthrow worry without denying what you feel?*
4. *Read 1 Chronicles 16:11. Share how prayer has helped you in a situation in the past? How does prayer disrupt the anxiety cycle?*
5. *Why is it important to name the specific worries you have when you come to God in prayer?*
6. *Read 1 Thessalonians 5:16-18. How does thankfulness affect our perspective? What are some things for which you are thankful right now?*
7. *Read Psalm 34:1-3. What does this passage emphasize? How will remembering God's power and authority help you when you face trials in life?*

WHY CONTROL FREAKS GET ANXIOUS

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TALKING POINTS

Anxiety has reached epidemic proportions in our culture, and it might have to do with the “illusion of control” that technology has given us.

- Control is just an _____, and that’s why control freaks get so anxious.
- We’ve created heaven on earth, and the thought of _____’ return adds to our anxiety.
- Anxiety is a wake-up call, a _____ in the flesh to remind us of our dependence on God.
- Through all of the unexpected ups and downs, God is still on the _____ of our lives.
- The practical response to control-freak anxiety is to _____ in the Lord.

DISCUSSION

1. *Share a time you tried to control a situation. What was the result of your efforts?*
2. *Read Philippians 4:4-5. In your opinion, why don’t we look forward to heaven the same way the 1st century Christians did? What emotions do you have when you think about heaven?*
3. *Read 2 Corinthians 12:7-10. How does this passage speak to you? How have past hardships changed you and your eternal perspective?*
4. *Read Isaiah 6:1-3 and Romans 11:33-36. What picture is painted in each of these passages? Why does remembering God’s power and authority help to alleviate anxiety?*
5. *Read Philippians 4:4. Why did Paul rejoice in his circumstance? How can you rejoice in the midst of your struggles?*

NOTES

WHEN YOUR THOUGHTS RUN WILD

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TALKING POINTS

Win the battle in the mind when you're fighting anxious thoughts.

- Rumination is when your mind _____ on something over and over, and it's a classic symptom of anxiety.
- Anxiety is an emotion caused by the _____ reaction to situations, not the situations themselves.
- Long before science understood the brain, the _____ offered a solution to anxiety: redirect your thoughts.
- When you win the battle in your _____, you can win it in your everyday life.

DISCUSSION

1. *Share some of your ruminating thoughts. Why does that situation/person take up so much space in your mind? How have those obsessive thoughts disrupted your life?*
2. *Review how the brain functions in regards to our emotions. Why is it important to remember that the situation isn't actually the source of your anxiety?*
3. *Read Philippians 4:8 and Ephesians 4:29. What does it look like practically to replace anxious thoughts with godly thoughts? What are some of the false thoughts that you need to replace with the truth?*
4. *Read Psalm 139:23-24. Why is this a brave prayer to bring to God? What does it look like for God to test us and reveal offenses to us? What has God spoken to you about some of your past thoughts?*
5. *Read Philippians 4:9. What will you start doing to create new habits in your thought life? What will you stop doing in order to overcome bad habits?*

WHEN PEOPLE MAKE YOU ANXIOUS

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TALKING POINTS

There are four practical steps to settling disagreements and overcoming relational anxiety.

- Commit to being a _____-maker. It is a core value of the Christian faith.
- Put yourself in _____ shoes and see things from their perspective, too.
- Talk TO the person, not ABOUT them. _____ is dishonoring and leads to more hurt.
- As Christ has modeled for us, sometimes you have to choose to _____ the offense.

DISCUSSION

1. *Share about a relationship that creates anxiety for you.*
2. *Read Philippians 4:2-3. What does Paul appeal to in this passage? How have you seen conflict create dysfunction in your family, friend group or church?*
3. *Read Romans 12:17. What does it look like to have a heart that wants to make peace? How can you still be a peacemaker even if the other person isn't ready?*
4. *Read Philippians 2:4 and Psalm 139:23-24. How do you relate to "getting in the box" when you're hurt by someone? What is required from us to be able to empathize with another point of view? Why is it vital for us to first listen to God's opinion over our own feelings?*
5. *Read Matthew 18:15. Describe the protocol. Why do so many people ignore it when they're in conflict?*
6. *Read Philippians 2:5-8. Have you ever chosen to absorb an offense for the sake of peace? Explain. How does remembering what God absorbed for us impact the way we view others?*

WHEN FINANCES MAKE YOU ANXIOUS

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TALKING POINTS

When it comes to money, there's a lot to be anxious about.

- The problem of too little - Will we _____ God to provide?
- The problem with too much. Money can become our _____ if we focus on it too much.
- The generosity paradox means you can be generous whether you're _____ or rich.

DISCUSSION

1. *Share a time you were under financial stress and God provided for you. What did you learn from that experience?*
2. *Read Philippians 4:19. What is Paul saying in this verse? Why does he connect our needs to Jesus?*
3. *Read Matthew 6:28-30. What are some of your current worries? How do you need to apply this passage to those concerns?*
4. *Read Matthew 6:24. Why can't we serve two masters? How have you seen money derail Christians in the past?*
5. *Put the generosity paradox in your own words. Why does generosity actually free us from financial anxiety? How has someone's generosity impacted you?*
6. *What will you do to grow in the spiritual discipline of giving this year?*

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