



Overcoming ANXIETY & WORRY

HOW TO LIVE IN A WORLD FALLING APART

Ice Breaker

- Take a moment to share where you grew up. Was there a person in your life who made a spiritual impact on you? Offer a few details about that person.

We live in a rapidly-changing world—one that has great potential to create anxiety and worry. Whether you are a new believer or spiritual veteran, the pressures presented in this season are unprecedented. Let's take the next four weeks to discover how to become "unshakeable" in a shaking world and live free from anxiety.

Our culture is inundated with demonic activity, immorality, truth in decline, and blatant ungodliness. Some have declared we live in a post-Christian era, but the Bible tells us otherwise. In the season ahead, the Church on the earth will expand and increase in ways we've never seen before—but so will adversity. Let's gain the confidence to address the things that frighten and intimidate us, so we can live with confidence and boldness on behalf of the Kingdom of God.

Luke 21:26 (NKJV[®])

²⁶ men's hearts failing them from fear and the expectation of those things which are coming on the earth, for the powers of the heavens will be shaken.

1. Why do you think Jesus gave the information above to His disciples?
2. How has our culture been shaken during the past five to ten years?

John 14:27 (NASB[®])

²⁷ "Peace I leave you, My peace I give you; not as the world gives, do I give to you. **Do not let your hearts be troubled, nor fearful.**

3. What did Jesus promise the disciples and us?
 4. What did He say about our heart condition?
 5. Did this promise of peace mean a life absent of conflict?
-

6. We are experiencing a culture war. What are some issues that are troubling hearts and causing fear?
7. Discuss a Jesus-story where He brought peace to His friends.
8. Can you recall a time when He gave you peace in the midst of conflict or threat?

1 Peter 5:6-9 (NIV[®])

⁶ Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. ⁷ **Cast all your anxiety on him because he cares for you.** ⁸ Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. ⁹ Resist him, standing firm in the faith, because you know that your brothers throughout the world are undergoing the same kind of sufferings.

9. What was Peter's maintenance plan? Discuss the instructions below, which help keep us free from anxiety. Choose one or two, and explain how you have learned to grow in those areas.
 - Be self-controlled.
 - Live with the awareness that we have an enemy.
 - Resist evil, standing firm in the faith.
 - Allow no self-pity. Understand that my suffering is not unique.
10. Let's do what Pastor Allen mentioned in the video. Take a piece of paper and write down three things you are currently worried about. Keep the list to yourself. Pray as a group and give these concerns to God. Now, tear the paper up and trash it!

Prayer

Heavenly Father, thank You for caring for me. Open the eyes of my heart to Your great provision. Holy Spirit, teach me to trust and not be afraid. I choose to lay aside worry and anxiety. I choose to lift my heart and voice in thanksgiving and praise to Almighty God—my Creator, my Redeemer, my Deliverer, my Sustainer. I can do all things through Christ Jesus, my Lord. Amen.