



# Overcoming ANXIETY & WORRY

HOW TO LIVE IN A WORLD FALLING APART

## Ice Breaker

- What is one beneficial idea or truth you have taken away from this study?

The goal of our faith is to do the will of God in the earth, in the season God has placed us. Let's take this session to investigate what God expects of us in this season.

## The following ideas are important for all of us who anticipate the return of Jesus:

### ➤ **We are ambassadors who represent Jesus in our world.**

2 Corinthians 5:20 (NIV®)

<sup>20</sup> We are therefore Christ's ambassadors, as though God were making his appeal through us.

1. The job we have been assigned is "ambassador." What does this mean to you? Who in your life did this so well that it made you want to be a better representative?

### ➤ **Be an encourager.**

Hebrews 3:13 (NIV®)

<sup>13</sup> But **encourage one another daily**, as long as it is called "Today," so that none of you may be hardened by sin's deceitfulness.

2. Why do we need daily encouragement? Who does this well for you? Who can you encourage this week?
  3. Do you feel confident in finding the best in your friends and family and then sharing it with them? If yes, then how do you express to it them? If no, what is a way you can change?
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➤ **Buy the truth—accumulate truth.**

Proverbs 23:23 (NIV<sup>®</sup>)

<sup>23</sup> Buy the truth and do not sell it; get wisdom, discipline and understanding.

4. This scripture is describing a transaction, and it says truth is more valuable than what you currently have. What can we do to gain God's perspective / God's truth?
5. What has gaining truth cost you?

➤ **Stand firm—not double minded, and not looking back and longing for something else.**

1 Corinthians 15:58 (NIV<sup>®</sup>)

<sup>58</sup> Therefore, my dear brothers, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain.

6. What is the instruction? Why is it difficult to follow? What is the understanding we need to gain to enable us to stand?

➤ **Be Overcomers**

Romans 12:21 (NIV<sup>®</sup>)

<sup>21</sup> Do not be overcome by evil, but overcome evil with good.

7. What is Paul inviting us to do in the verse above?
8. Discuss a time you have been given the strength to overcome. When you were tempted to quit, what helped you keep going? How did you see God's involvement?

Prayer

Heavenly Father, I choose life today. I choose to serve God Almighty, the Maker of Heaven and Earth. I believe Jesus of Nazareth is Your Son and I choose Him as Lord of all that I am. I choose God's will for my life. Grant me the wisdom to follow, the humility to yield, and the strength to endure. May the fear of the Lord flourish in my heart. In Jesus' name, amen.