



Home Teams

DISCUSSION GUIDE



OVERCOMER

October 19 & 20, 2019

Overcomer: Part 1

Overcoming Anxiety

BIG IDEA:

Put your trust in God.

- Changing our situation will not change our anxiety problem.
- Instead of reeling, cast, (i.e. shift the weight to Jesus).

SCRIPTURE: 1 Peter 5:6-11



OPENING QUESTIONS

1. What is your favorite outdoor activity?
2. What is something that made you anxious as a child?

IN THE WORD

1. According to [1 Peter 5:8-9](#) how can we combat the Enemy when it comes anxiety?
2. Why is it important to understand what “in due time” means in [1 Peter 5:6](#)?
3. Explain the relationship between pride and anxiety that you see in [1 Peter 5:6-7](#).
4. What truths about anxiety can be seen in [1 Peter 5:10](#)?
5. How can you relate to the disciples in [Mark 4:35-41](#)?

MAKING IT PERSONAL

1. Explain a time when you saw the truth of “Changing our situation will not change our anxiety problem.”
2. Share how you resist the Enemy by being sober-minded and resisting him.
3. How does pride impact anxiety for you?
4. What is your next step to shift the weight of anxiety in your life?

CONTINUED LEARNING

Look at [Philippians 4:4-7](#) and consider how you can receive the peace that surpasses all understanding even in the middle of your circumstances.

- **I WILL:**
I will obey something from God's word in the next 24-48 hours.
- **I'LL SHARE:**
I will share, with either a believer or non-believer, what God is teaching me and what I'm learning.

Notes & Prayers



pathwaychurch