

Book Club 2023
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Putting an X Through Anxiety

God is greater than whatever is making you anxious.

You can live free.

- 1. You're not crazy.**
- 2. You're going to get through it.**

The way to freedom is not a how; it's a Who.

The LORD is my shepherd; I shall not want. ²He makes me lie down in green pastures. He leads me beside still waters. ³He restores my soul. He leads me in paths of righteousness for his name's sake. ⁴Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. ⁵You prepare a table before me in the presence of my enemies; you anoint my head with oil ...
Psalm 23:1-5 ESV

It's not a how; it's a Who.

Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever. Psalm 23:6 NIV

"I am the good shepherd ..." John 10:14 NIV

"The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full."
John 10:10 NIV

- 1. See Jesus as He is.**

God has got your back.

God Almighty is inviting you to let Him be your shepherd.

- 2. Set Jesus before me.**

I have set the LORD continually before me; because He is at my right hand, I will not be shaken. Psalm 16:8 NASB

... my heart is glad and my tongue rejoices; my body also will rest secure ... Psalm 16:9 NIV

I'm going to choose to set Jesus in my view.

You have a choice today to set the Lord continually before you.

You have more power than the enemy wants you to think that you have.

- 3. Say to Him, "You are my God."**

LORD, you are my God; I will exalt you and praise your name, for in perfect faithfulness you have done wonderful things, things planned long ago. Isaiah 25:1 NIV

4. **Sing the praise of the One who is greater.**

Worship is the most powerful antidepressant in the universe.

The antidote to fear isn't courage; it's faith.

"... God my Maker, who gives songs in the night ..."

Job 35:10 NIV

Worship and worry cannot be in our mouths at the same time.

TALK IT OVER

Read **Psalm 16:8**. What are some ways you can set your focus on Jesus? How might your life look different as a result?

Share about a time when you found freedom or a breakthrough from anxiety. What did your relationship with Jesus look like?

Talk about any situations that are currently causing you worry or anxiety. Where are you needing God to move? Spend time praying about that with your LifeGroup.

Start the *Wisdom for Mental Health* Bible Plan using Plans With Friends: www.go2.lc/mentalhealthplan