

### Action Steps

1. In 1 Peter 5:7 we're told to "cast all your anxiety on him because he cares for you." Are there any cares you have that you need to cast on him?
2. As you read Luke 12:22-31 write down any reasons you find to NOT worry about the cares you listed above.
3. Are there any sins in your heart that you need to give up to God? Will you do that this week?

### NOTES:

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



## Groups Sermon Study Questions

### FIGHTING FEAR & ANXIETY

*January 29, 2017*

#### Message Summary

Worry can be a good thing because only a fool ignores danger. We can't control our feelings but we can control our responses. Today we learned how to worry well by praying the right kind of prayer, maintaining the right focus, and putting into practice the teachings and examples of Jesus.

1. Name some things of the most common things people worry about?
2. Check the ones you tend to worry about the most. Have any of your worries moved from legitimate concern to unhealthy anxiety?
3. Do you ever condemn yourself for how you feel? If yes, why?

#### Consider This

Read Psalm 51:6, Jeremiah 17:9 and Psalm 139:1-2

1. We all struggle with honesty with God and ourselves for that matter. Why is it sometimes difficult to be honest with God about our worries and anxiety?

Read Luke 18:1-8 and 1 Thessalonians 5:17

2. How often can you tell God about your worries? Why?

Consider 1 Thessalonians 5:16-18.

3. When stuck in worries, why is it important to thank God for your current and past blessings?

4. Make a list of ten good things you can thank God for right now?

5. How does that exercise affect your attitude and even feelings about the things you are worried about?

Read 1 Corinthians 10:13 and Philippians 4:8 .

6. List some practical steps you can take to stop focusing on the untrue, the wrong, the ugly, and disreputable and focus instead on the opposite?

7. When it comes to the "what ifs" what do we know according to 1 Corinthians 10:13? Will he give you that grace now, or when the temptation comes?

8. How then should we respond to the "what ifs of life," now?

Obedience breeds confidence while disobedience breeds fear, for the truth is that sin removes protection. Read Proverbs 1:23-33, Joel 2:13 and 2 Corinthians 7:9.

9. Repentance opens the doors of communication so that we can hear from God. (Verse 23) What happens when we listen to what we hear from God? (Verse 33)

Consider Romans 12:17-21 and Matt 6:14-15.

10. What can happen if we disregard God's advice and rebukes? (Verse 28-32)

11. Can we repent yet again and change that picture? (Joel 2:13 and 2 Corinthians 7:9)