



## Anxious for Nothing - Week 3

### October 26-27, 2019 | Tim Harlow

This weekend, Pastor Tim walks us through dealing with our anxiety by focusing on things for which we're grateful.

#### **CELEBRATE**

At the beginning of your small group time, it's good to share about your week and share with each other how you're doing. So, spend some time, right now, connecting before jumping into the discussion questions. You can use the *Connect* section as a guide. If you're doing this Study Guide on your own, take a moment to focus your mind on God and what He might want you to hear today.

#### **CONNECT**

1. Talk about the last time you thanked someone for something but it went beyond just being polite. Give the specifics of that situation.
2. Talk about a person, circumstance, or material thing for which you're constantly grateful. Why?

Before watching the sermon, or moving on in this study, take a minute to remember that God is always with you. Pray as a group for God to bless your conversation and open your eyes and hearts to what He wants you to hear.

## REFLECT

Before moving forward in your study, take a moment and review the key points from this weekend's message.

1. To combat anxiety, we practice C.A.L.M. *Celebrate* what's true about God. *Ask* God for help. *List* what we're thankful for. *Meditate* only on what is good.
2. Gratitude and anxiety cannot occupy the same space at the same time.
3. Anxiety is a future fear, gratitude is a present blessing.
4. Grace is what you receive, joy is what you experience, and gratitude is what you give.
5. What you have in Christ is greater than anything you don't have in life.

**SCRIPTURES USED IN THE MESSAGE:** Acts 16:25, Philippians 1:12-14; 4:4-7, 13

## RESPOND

1. Talk about a thought, phrase, or moment from this weekend's message that resonated with you. What made it stick with you?
2. Up to this point, we have talked about the C, A, and L of the word "CALM." Talk about which of the "letters" have been the most helpful to you so far.
3. Read Mark 8:1-9. Read out loud if possible, making a note of words or phrases that stand out to you. Most scholars believe Mark's account of Jesus' life is the earliest Gospel writing. Mark took much of the information from Peter, one of Jesus' three closest disciples. The people listening to Jesus were most likely day laborers, so since they weren't working (they're listening to him) they didn't have a way to provide food for themselves and their families.
4. The passage begins with a statement about Jesus' compassion for the crowd (8:1-3). Compassion here means "to be moved in the guts." Talk about how Jesus' compassion for people's needs affects how you approach the needs in your own life.
5. Pastor Tim said that "What you have in Christ is greater than what you don't have in life." Talk about how the disciples' response to Jesus' desire to feed the people matches our response to things we lack in life (see 8:4). What happens when we miss what we *have* because we're focused on what we *lack*?
6. Jesus asks the disciples "What do you have?" and they respond basically saying, "very little." (8:5) Talk about how taking stock of even the smallest resources or opportunities in our lives can change the way we approach anxious times in life. Talk about a time when you took "seven loaves" (a small amount of resources) into a situation that required so much more.
7. Before Jesus does anything miraculous in this passage, the first thing he does is "give thanks," both for the bread and for the fish they find along the way. (8:6-7) Talk about how Jesus' approach to dealing

with anxiety - beginning by giving thanks - gives you a starting point to dealing with places in your life where you're dealing with anxiety. Specifically, what are three things you can give thanks for right now that give you perspective on your anxiety?

8. The result of Jesus' blessing the bread and fish is "leftovers." (8:8) Talk about how the possibility of having "more" than you need in this season of anxiety. During the next 7 days, consider writing 3 things a day for which you're grateful. IMPORTANT: try to write UNIQUE things each day, so you can focus on the present moment and not get lost in writing the same thing every day.

**Closing Prayer:**

God, you are a generous God. But sometimes our definition of generosity gets messed up. Also, sometimes we struggle to see the "more" you give in the light of the "less" we feel from our anxiety. Help us to stick with you when we're anxious, when we are struggling to see the good that you're doing for us in our lives. We know you've given us grace, we feel the joy of that grace deep down, and now we take a second to give thanks. Thank you. We love you.

Amen.