



Anxious for Nothing - Week 1

October 12-13, 2019 | Tim Harlow

This weekend, we welcome back Pastor Tim to kick off our new series, Anxious for Nothing!

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. Have you ever had an experience that didn't turn out the way you thought it would? Share a story if one comes to mind.
2. Do you have any irrational fears? Maybe it's spiders, heights, Packer fans, etc. Talk about what scares you and 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. We often make the same mistakes Elijah did when dealing with anxiety. We burn ourselves out. We leave our support networks. We focus on the negative. And we face our problems while forgetting about God.
3. Much of the time the thing that we're worried about the most doesn't happen. Yet, if it does, we rejoice in a God who is near to the brokenhearted.
4. Rejoicing in the Lord is not a feeling. It's a choice.

SCRIPTURES USED IN THE MESSAGE: 1 Kings 19:3-5, 12-13; Psalm 34:18; Isaiah 26:3; Philippians 4:4-7

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. Whether you're care-free or a natural worrier, all of us deal with anxiety in some form. Talk about what anxiety has looked like in your life and what things usually contribute to it.
3. Read aloud Matthew 6:25-34. Jesus points to some of the things we commonly worry about. He reminds us how valuable we are, even more so than the flowers of the field and the birds of the air that God provides for. Talk about whether or not you're living a life that's in tune with this truth. Do you have a hard time believing God values you as much as Jesus says He does?
4. Pastor Tim talked about how we can worry about things like Elijah did - worrying about the things that never even end up coming to pass. When we worry about these things: We burn ourselves out, we leave our support networks, we focus on the negative, and we face our problems while forgetting about God. Have you struggled with any of these things? Talk about what that has looked like in your life.
5. Pastor Tim shared that because God is always near to us He sometimes speaks in a whisper, which requires us listening closely to Him. Talk about a time that you felt God was far away in the midst of your anxiety. In a season like that, can you recall a time where you heard God whisper to you and remind you He was near?
6. In Philippians 4:4-7, we saw Paul rejoicing in prison. As Pastor Tim pointed out, this was a choice, not a feeling. Talk about a time you saw someone (maybe yourself) choosing to rejoice, despite difficult circumstances. Is choosing to rejoice easy or difficult for you? Why?
7. Take some time to write down some of the things you've been anxious about recently. Reflect on the ways you've heard God whisper to you and remind you of His presence. Then take a few minutes and

share those reflections with those around you.

Closing Prayer:

God, thank you for valuing and loving us more than we could ever imagine. Thank you for loving us enough to give your life up for us. We praise you because you are a God who is near to us when we are anxious and brokenhearted. Help us to let go of the worries that are weighing our lives down and lay them at your feet. We ask that you grant us that peace that surpasses all understanding and incline our hearts to trust you. We love you.

Amen.