



## **Anxious for Nothing - Week 2**

### **October 19-20, 2019 | Tim Harlow**

This weekend, Pastor Tim helps us take a healthy first step in responding to our anxiety.

#### **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 a job that you would never want to do because of the pressure involved. Explain why that job stresses you out.
2. Talk about the last time the "check engine" light came on in your car. What did you do to deal with it? How long did it take you to do ANYTHING about it?

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. If it's big enough to worry about, it's big enough to pray about.
3. The word for prayer in Greek means prayer, petition, and request.
4. God wants specific requests so we will know where the answer came from.
5. God wants specific requests because a specific prayer is a serious prayer.
6. God wants specific requests because a specific prayer gets to the root issue.

**SCRIPTURES USED IN THE MESSAGE:** Mark 10:46-51, Philippians 4:4-7, 1 Peter 5:6-7

## 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. Talk about your go-to response in times of anxiety. How does that response change, help, or prolong the situation?
3. Read Exodus 14:5-14. Read out loud if possible, making a note of words or phrases that stand out to you. The Hebrew people are newly-freed slaves, but they are feeling the heat of their former captors chasing them down. As you read, imagine being on the run from your slaveholders and knowing that they're chasing you from behind.
4. Moses has a conversational relationship with God. If you read Exodus chapters 3-14 you see how often Moses is communicating with God. Talk about how a constant conversation with God changes the way Moses responds to a stressful situation. Talk about whether or not you'd describe your relationship with God as "conversational."
5. When the Hebrew people see the Egyptians coming, they "cried out to the Lord." (14:10). Talk about what comes to mind when you hear the phrase "cried out." Talk about a time when, under pressure and anxiety, you "cried out" to God. What did you say in "crying out" to God?
6. The response of the Hebrew people is to blame Moses for putting them in the situation that is causing their anxiety - even though it is better than slavery! (14:11-12) Talk about how anxiety can make us blind to the reality of our situation. How have you dealt with anxiety by blaming and losing track of what's really going on?
7. Moses is a voice of reason for the Hebrews in their anxiety (14:13-14). Talk about the importance of having someone to help us process our anxieties. Who has served in that position for you over time? How might a counselor, therapist, or trusted friend help you in

the anxiety you're dealing with right now?

8. The final phrase from Moses is "you need only to be still." (14:14). While this is easier said than done, how does this encouragement help you process your anxiety today? Talk about one specific step you can take to "be still" in the midst of this season in life.

**Closing Prayer:**

God, you are so good to us in our times of anxiety. You know that we worry and wrestle, but you also know that we aren't built to live forever in the prison of our anxiety. Help us to develop the conversational relationship with you in prayer as well as with others. Help us to cry out to you when we feel the pressures of life building. We know you'll take care of us. We love you.

Amen.