

Freedom From Anxiety part 2

NOTES

Scripture: Philippians 4:4-9, Romans 12:2, 2 Corinthians 10:5, Luke 6:45, Psalm 139:13-14, John 1:12, and 2 Corinthians 5:17

REVIEW AND INTRODUCTION

Looking back over your notes, what did you find most helpful, challenging, or interesting in this week's teaching? Was there anything you've never heard before or something that made you think differently?

MY STORY

1. Did you try to apply Paul's roadmap in Philippians 4:4-7 to conquer anxiety as Chris challenged us last week? As a reminder, the steps are: 1. Choose a positive mindset, 2. Respond with grace, 3. Remember God is with you, 4. Stop, drop, and pray, and 5. Start with thanks.
2. How did trying those steps in the roadmap work for you? What happened when you tried to apply them? Did you struggle with any of them? Did you experience any breakthroughs or revelations in your life when you practiced one or more of the steps?
3. What do you fill your heart and mind with? How do you fill your heart and mind?
4. Paul tells us to fill our hearts and minds with good stuff. What kind of good stuff do you typically fill your heart and mind with? What are some other good things you can fill your mind with that you currently don't?

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5. Why are your thoughts so powerful? How do your thoughts change your overall perspective, outlook, and actions? What kinds of negative thoughts do you struggle with?
6. What do you consider to be social media? Are there any other places on the internet where you spend a lot of time that you wouldn't consider social media? Do you think what Chris talked about applies to those Internet sites?
7. How does social media affect your thoughts? How much time do you think you spend on social media every day? Are you intentional about the time you spend on social media?
8. Are there any positive benefits of social media? What do you think those are?
9. If you're a parent or regularly spend time with teens or young adults, how do you see social media affecting their outlook and perspective? What can you do to help them be more intentional in using social media?
10. How does watching the news affect your outlook and mood? Are you intentional in the amount and type of "news" you ingest?
11. Do you think you hear "the truth" from your favorite news sources? Why or why not?
12. Do you find yourself primarily focusing on the "what if's" or the reality? What influences this for you? How do you balance being prepared against being consumed or obsessed?
13. If you struggle with negativity or being overly critical, what can you do to choose to be more positive? Do you do this? If so, what have you seen come out of it?
14. How do you immerse yourself in beauty?
15. What does it mean to have a peace that surpasses understanding? Do you have this? Do you know of anyone with this kind of peace even when they experienced a situation that didn't seem peaceful? What was it about that person or situation that sticks out in your mind?

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DIGGING DEEPER

Read through these guiding scriptures and answer the corresponding questions.

Read Psalm 139:13-14, John 1:12, 2 Corinthians 5:17, Joshua 1:9, Romans 8:38-39, and Romans 8:28

1. What do you consider to be your identity?
2. How does the enemy attack your identity with lies? What does he use to make you think you are something or someone other than who God tells you that you are?
3. What do these scriptures tell you about who you are?
4. Are there any other scriptures God has given you that tell you who you are in Christ?
5. What specifically can you do to break free from these lies and replace them with who God tells you are - the truth of who you are in Christ?

BRINGING IT HOME

1. Read Romans 12:2. What is the pattern of this world (specifically as it applies to Chris' message on anxiety)?
2. What does it mean to be transformed? How would you like to be transformed?
3. What does it mean to have your mind renewed?
4. Why do you think Paul tells us when we're transformed by the renewing of our minds, we'll then be able to test and approve God's good, pleasing, and perfect will? What does this mean?
5. Have you ever tried to take your thoughts captive and make them obedient to Jesus (2 Corinthians 10:5)? What happened? How do you do this?

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6. How do you know what is true? Do you filter new information coming to you against what you know to be true? How do you do this?
7. Chris gave us some specific steps we can apply to help us focus our thoughts on what is good. The steps he gave are fill your heart and mind with good stuff by limiting time on social media, limiting news intake, limiting exposure to negative people, immersing yourself in beauty, thinking about God's Word, and living your life for God. Have you ever tried applying any of these steps to your life? What happened? Where did you struggle? Where were you successful? Can you see the value in applying these steps to your life?
8. How have you seen God show up in your past during a crisis or when you needed Him? Do you intentionally regularly remember that time to give you assurance and hope for the future and as you encounter new trials and sufferings?
9. Chris reminded us that truth is found in God's Word. What specifically are you doing to intentionally fill your heart and mind with God's Word? Are you doing this daily? What change or impact have you experienced since you chose to fill yourself with God's Word? How is God using His Word to change your outlook and perspective?
10. Paul tells us to put into practice what we learn as we read the Bible, attend church, digest God's truth, etc. How are you living out what you are learning? Are you intentional in this? Is there something else you can be doing to live it out?
11. Paul ends this passage by telling us that "the God of peace will be with you." When you read that, what do you think? What does it mean to you that the God of peace is with you?
12. Chris told us that obedience leads to peace and guilt leads to fear. Have you experienced this? Are you experiencing it right now? If not, what are you going to do about it?

Your Next Steps are: 1) Commit to being intentional in applying the six steps to focus your thoughts on what is good; do this every day this week. Journal what God does in your life as you apply these steps. Reminder – the six steps are: 1. Limit time on social media, 2. Limit news intake, 3. Limit exposure to negative people, 4. Immerse yourself in beauty, 5. Think about God's Word, and 6. Live your life for God.