

The Me You Don't See

Week Two Study Guide

We Are Called To Grow

Main Point: In between the struggle of your faith and feelings, God is still calling you to grow, surrender, and believe His grace is enough to give you victory over the challenges you face.

In order to grow and develop you must...

1. **Believe that God is good.** It is the enemy's job to distract you from this truth by making you question God's goodness.
 - How has the enemy made you question God's goodness?
 - What lies has he told you to minimize your potential and God's goodness in your life?
2. **Must own your behavior and attitude.** It is human tendency to blame others or life's circumstances for the struggles you face.
 - Why do you find it difficult to own up to your mistakes and struggles?
 - If you feel comfortable, share with your group possible struggles that you are facing.
 - Who can you turn to, to get help and get out?
3. **Must trust God's grace is greater.** The greatest lie is you can believe is that you can fight your struggles or sin inclinations, on you own through sheer will power.
 - Do you believe that with God, it is possible to have victory? Why or why not?
 - Would you like to share a story, from your own life, in which you have received victory through God's strength and grace?

In order to overcome fear and anxiety try to stay C.A.L.M... The presence of anxiety is unavoidable, BUT, the prison of anxiety is optional.

C... Celebrate God's goodness

- Who He is
- His promises & provision
- Opportunity to draw close to Him

A... Ask the Lord for Help

- Make your request known to God
- "I need you Lord, help guide me."

L... Leave it with the Lord

- Present your request to God... present it and do not take it back.

M... Mediate on His goodness and faithfulness.

- What do you find yourself thinking about? Your fear/anxiety or God?

Further Reading

Genesis 3

Psalms 118

Deuteronomy 20:4

1 Corinthians 10:13

James 1

Philippians 4:1-14

Romans 12:1-2

Ephesians 6:12