



ANXIOUS

for nothing

Anxious for Nothing

Week Two - "Face It"

Philippians 4:5-9 and Isaiah 43:1-7

Bottom line: Avoiding our fears fuels our anxiety. Facing our fears *with God* guards our hearts and our minds.

1. What are some **situations** you actively avoid?
2. What are some of the **ways** you avoid or escape uncomfortable situations?
3. We know avoidance can provide some short-term relief, but in what ways have you experienced avoidance growing fear and anxiety?
4. Read Isaiah 43:1-7
 - a. What evidence does God give the Israelites to interrupt their thoughts about being forgotten or unloved?
 - b. What is the difference between "Do not be afraid because there is nothing to be afraid of," and "Do not be afraid because I am with you."?
5. Read Philippians 4:4-9
 - a. What does it mean to "guard your heart and mind"?
 - b. What are some anxious thoughts you may have, or have had in the past? And what right, or good, or true thoughts do you have to take their place?
6. Share some of the evidence you have gathered personally or evidence you have seen of God's goodness and faithfulness.
7. How can the evidence you've gathered help you approach situations you might normally avoid differently this week?