



Message Notes & Life Group Study Guide
October 27-28, 2018
Life Hacks: Living without Angst
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MESSAGE NOTES:

James 4:11-17

Angst: a feeling of deep anxiety or dread

Two common causes of angst:

1. Angst about what other people are doing - James 4:11-12
2. Angst about what is going to happen - James 4:13-17

What is God's will?

Ephesians 1:11

1 Timothy 2:3-4; 2 Peter 3:9

Ephesians 5:17-18

1 Thessalonians 4:3

1 Peter 2:13-15

1 Peter 3:17

1 Thessalonians 5:18

STUDY GUIDE:

Reference:

Open in prayer and read James 4:11-17.

Review: What was one thing from this weekend's message that challenged, confused, or stood out to you?

Reflect:

1. When was the last time you found yourself caught up in a conversation of slandering or gossiping? Is there a difference between speaking against someone and judging them?

2. What does James 4:12 say about the nature of God? Is this the characteristic of Him that is popular among your friends, family members, neighbors, & co-workers?

3. The will of God has two meanings in the Bible: first, God's law, or the way He instructs us to live; second, the events God allows in history, including pain and suffering. Which of these do you most struggle to accept?

4. Jesus perfectly fulfilled the will of God the Father in His life, death and resurrection. Did He, as a man, struggle with accepting God's will? Read Matthew 26:36-42 and discuss.

5. What do we learn from Jesus and from this passage in James about accepting the will of God? Have you experienced this same power of prayer in your own life?

6. By nature, are you more of a planner or a person who prefers to just take things as they happen?

7. Share an experience you have had where it is/was clear that God's plans for you were different than your plans. How did you react? What advice would you give to someone in the same situation? Proverbs 31:25 describes someone who can look confidently into the future. How does knowing God contribute to that confidence?

Respond/Reinforce: Consider accepting forgiveness for neglecting to trust God with the future. Read Psalm 1:1-6 and meditate on how the Lord watches over your life each day to give you a hope and confidence for the future.