

GOSPEL COMMUNITY GROUP DISCUSSION GUIDE

In the Storm Teaching Series
9/11/22 Anxiety



REDEEMER
ROUND ROCK

CONNECT, REVIEW, PRAY

~5-10 minutes

- Announce any church activities/events and handle any housekeeping for the GC
- What are you thankful for / have struggled with this week?
- How did you apply or share what we learned last week?
- How can we pray for each other?

ASK, LISTEN, LEARN

- What is your personal experience with anxiety? Do you have any loved ones that struggle with it?
- Some general categories that trigger anxiety can be:
 - fear of the unknown/uncertainty of outcomes
 - fear of man
 - fear of death or danger

Work together to give examples of each of these.

Which of these tend to cause anxiety in your life? Are there other triggers here for you that aren't listed?

- When you experience anxiety, how does it manifest in your life? What actions or behaviors tend to play out in you physically, mentally, and emotionally?
- Our anxiety can tend to be a reflection of what is going on deeper in our hearts and minds, such as a desire for control. As you consider your personal struggle with anxiety - do you sense the Spirit revealing to you any of those deeper motivations or fears?
- Discuss the differences between *fear* and *anxiety*. Think of, and share, examples of when you've felt either of these recently.
- Remember, "*The fundamental principle of the Bible is that though there is truly much to fear in this life, we don't have to stay afraid because the Lord is near to those who belong to him.*" In what ways can you battle the tendency to 'stay afraid', or to be anxious?
- Read Matthew 6:25-27, Philippians 4:5-7, and 1 Peter 5:6-7. Make a list of biblical truths/promises you can remember and seek to trust in when experiencing anxiety.
- Examine 1 Peter 5:6-7. Here we see a connection between pride and anxiety. In what ways can anxiety be a symptom of pride? Do you see this anywhere in your own life?
- Remember, "*If we do not transform our anxiety by the power of the gospel, we will transmit it to others.*" Where is this true in your life? Have you considered asking those closest to you how you might be doing this to them?
- We must bring our anxieties to Christ. We A.C.T. in faith:
 - A - Acknowledge
 - C - Confess, Cast your Cares, Call out in Prayer
 - T - Take Courage

What does it look like for you to A.C.T. in faith this week to transform your anxiety?