

# ***MONSTERS***

**Study Guide**

**ANXIETY**

It feels like a weight on your chest. Your breathing grows heavy, harder, and even as you try to catch your breath your lungs won't seem to open wide enough, your mouth can't seem to catch enough air to help. It's the beginning of an anxiety attack and more people experience them than you would imagine. Anxiety disorders are the leading mental illness diagnosis in the US with over 40 million Americans currently suffering from them. The Anxiety & Depression Association of America reports that in a social anxiety survey it was found that most people on average will experience 10 years of anxiety symptoms before they get severe and impactful enough that those suffering will seek help.

We live in a world surrounded by stressors and anxiety triggers. What then can we do to help ourselves not only find freedom from the weight and worry of anxiety but also to carry peace into day to day faith walk?

Throughout this week we'll be looking at anxiety. Through the message and the midweek studies we'll examine what scripture says about anxiety, what we can do to prevent it, and how our faith can help walk us through the anxiety we face.

Our first disclaimer is that if you are currently under the care of a medical professional the things we talk about and discuss are not to be used in place of prescribed medication. There are real chemical imbalances in the human body that can cause mental health issues that lead to more severe and consistent anxiety problems. Continue working with your health professional and adhering to their course of action. The anxiety we're talking about in this context is the situational anxiety that everyone faces from time to time and some allow to have a stronger grip on their life than it should. The help and advice we'll be walking through here is can be helpful to anyone and everyone but should under no circumstance be used to substitute or circumvent professional care and advice.

**“Anxiety does not empty tomorrow of its sorrows, but only empties today of its strength.”**

**Charles Spurgeon**

## **Psalm 55:22**

We've all been afraid. Maybe for you that fear was fear of consequences, a fear of the unknown, or a fear that things may never change. Circumstances may vary, but we do all know how it feels to be afraid. When we want to act, even sometimes knowing the right thing to do, fear can hold us back. When we want to believe or we want to have faith, fear can whisper lies that work their way in through the cracks. Fear is something, that unchecked, can take drastic hold onto our lives and keep us from finding and living the life God prepared for us. So today we talk about the facts and truth that confront fear and bring our hearts back to faith.

## **Don't Carry Burdens You Weren't Meant to Carry**

"Cast your burdens on the Lord"

Matthew 11:28-29 "My yoke is easy, my burden is lite."

Galatians 6:1-3 "Bear one another's burdens

Don't carry burdens God has already promised to carry.

## **Let God, sustain you, nothing else.**

"He will sustain you"

2 Corinthians 1:8-9

John 15:5 "I am the vine"

Isaiah 40:31 "they who wait shall renew their strength"

Rest confident that God will supply and sustain through everything.

## **Have confidence in his stability**

"He will never permit the righteous to be moved."

Matthew 7:24-29 "house built on a rock"

Isaiah 28:6 "whoever believes will not be in haste"

Stand strong on the foundation that cannot be shaken.

## **May faith override anxiety in your life.**

## Reading Plan

| Date      | Verse             | Gospel text  | Psalms   |
|-----------|-------------------|--------------|----------|
| Monday    | Philippians 4:6-7 | John 2:23-25 | Psalm 8  |
| Tuesday   | 1 Peter 5:6-7     | John 3:1-15  | Psalm 9  |
| Wednesday | Proverbs 3:5-6    | John 3:16-21 | Psalm 10 |
| Thursday  | Matthew 6:25-34   | John 3:22-36 | Psalm 11 |
| Friday    | Psalm 94:19       | John 4:1-45  | Psalm 12 |
| Saturday  | Isaiah 35:4       | John 4:46-54 | Psalm 13 |
| Sunday    | Isaiah 40:31      | John 5:1-17  | Psalm 14 |

## Community Group Questions

Read Psalm 55:22

In this passage we are instructed to cast our burdens on God instead of trying to carry them ourselves. He encourages us that he will not only sustain us, but that we will not be moved.

1. What do you think are the benefits of letting God carry our burdens?
2. In what ways could we be hindered or hurt if we tried to carry all our burdens ourselves?
3. Why do you think God immediately follows his command for us to give him our burdens with a promise to sustain us?
4. In what ways have you seen God sustain you in your life?
5. What do you think it means when he says he will never permit the righteous to be moved?
6. How can we have deeper confidence in his ability to sustain us and keep us “unmoved.”

Write your thoughts and reflections on the passage below in the space provided.

John 14:27

Hebrews 13:6

Psalms 55:22

Jeremiah 29:11

Isaiah 41:10

Proverbs 12:25

Colossians 3:15

