

Attacking Anxiety

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Part of Generic 2021



“Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you. Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world. And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you. To him be the dominion forever and ever. Amen.”

1 PETER 5:6-11 | ESV

Anxiety's Not The Problem

1. Anxiety is often not the enemy, it's the messenger.

- **Oxytocin** - "Connection Chemical"
- **Serotonin** - "Compassion Chemical"
- **Endorphins** - "Masking Chemical"
- **Dopamine** - "Selfish Chemical"

2. Scientifically, the more I make my life about myself the more I become addicted to myself.

3. We are often anxious about our life because we are consumed with our life when God designed us for family.

"Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you."

1 PETER 5:6-7 | ESV

4. Attacking anxiety often begins by humbling our heart.

- Whatever you gain through self-promotion you have to sustain. But whatever you gain through God's promotion, He will sustain for you.
- Because of the performance and success driven culture we live in, we live under a pressure to achieve that we weren't made for.
- **Cortisol** - "Anxiety Chemical"

"Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour."

1 PETER 5:8 | ESV

5. When we numb our anxiety, we protect our issue.

“Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world. And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you. To him be the dominion forever and ever. Amen.”

1 PETER 5:9-11 | ESV

6. God hopes any short term anxiety from your struggle will lead you back to long term awe of your savior.

AWE

A - Attack Through Meditation

In prayer, your mind often wanders to what you should have been praying for in the first place.

Examine your life. If you don't like what's coming out then take inventory of what you are putting in.

Meditation is about making your worries face his word until victory.

W - Worship Like You Mean It

We're so use to saying it and not living by it that our brain subconsciously stops believing it.

E - Exchange Stress for Rest

When you enter the Father's presence, you will know because you will leave with more peace than when you came in.

Faith is not the absence of anxiety. It's the means to overcome it.

ESV = ENGLISH STANDARD VERSION.

SMALL GROUP QUESTIONS

1. Share one thing that stood out to you in this week's sermon and why?

2. As a group, read Philippians 4:1-9. This verse teaches us that we need not be filled with anxiety, even for situations we don't understand, because his peace surpasses our understanding. **What's a current anxiety or difficult situation that you need peace from God for because you don't understand it?**

3. As a group, read Matthew 11:25-30. Jesus offers us perhaps the greatest invitation on this side of eternity, "I'll take your stress, you take my rest." **What does it look like for you to practice this exchange regularly (time, place, activity, etc.)?**

4. As a group, read 1 Peter 5:6-11. We all want to "cast our anxiety on him," but we cannot ignore the instruction just before it that says "humble yourselves." **How might humility bring a positive effect to your most anxious situations and relationships if applied?**

5. How can we be praying for you this week?