

Transition: When people think of anxiety, they tend to worry about everything. Maybe they might have symptoms such as tension headaches, chest pain, and increased blood pressure. The symptoms of anxiety will sap our strength and slowly undermine our faith. If we are to grow in our relationship with Jesus, we must discover God's plan for freedom. The tension occurs when we are facing a situation with our emotions and choose to rely upon our strength rather than God and His Word. Let us never forget, there is power in his word and strength in His Spirit in us believers.

Tell the story:

Tell the story (with passion!) the best as you can, don't stop and teach, try not to make points, just tell the story. Perhaps leave some parts out or make a mistake, just to see if your group catches it!

Rebuild the story:

Chronologically rebuild the story by asking questions. Have the group look for what was added or left out by looking in their Bibles and going back over the story. Then have someone else tell the story the best they can – just like you modeled the first time.

Discussion Questions:

1. As a Christian, do you really believe what God's Word tells us?
2. What "blocks" his truth from sinking into your heart and mind?
3. Is there anything that you are anxious about and have not confessed it?

Fundamental: In His infinite wisdom, God wants us to examine our emotions honestly and stop denying our true feelings. Deception is wrong; self-deception is unhealthy. The Holy Spirit uses anxiety to get our attention and to tell us that our inner beings need examination. God's approach to treating anxiety, however, is to approach this disorder with realism, honesty, and a courageous search for the truth. Jesus is the Prince of Peace!

Homework/Challenge:

1. Share with your Small Group an area where you are anxious. Receive Prayer
2. Make a list of your anxious thoughts and write next to each a Bible verse that can help in those areas.

Discipleship Tip: Say to those with fearful hearts, "Be strong, and do not fear, for your God is coming to destroy your enemies. He is coming to save you. "Although Isaiah was written in a different setting, the wisdom and truth of this verse hold true to this day. As one of the most beautiful bible verses for calming anxiety. It reminds us that God's will always prevails. He sees you in your weakness.

Prayer: Lord today, I'm calling out to You in my weakness. I'm feeling overwhelmed with anxiety. My mind races and my heart is feeling heavy with worry. I come to You, seeking peace that only comes from You. May Your Word empower me to overcome my fears. In Jesus Name.