



ANXIOUS FOR NOTHING

Break the Cycle Leader Guide – May 3, 2020

⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:6-7 NIV)

¹⁶ Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. ¹⁷ For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. ¹⁸ So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal. (2 Corinthians 4:16-18 NIV)

ICE BREAKER

What's the first thing you are going to do when the Stay at Home order ends?

DISCUSSION QUESTIONS

1) Have you or anyone you're close to suffered from anxiety? How did this change the way you treated people or the way they treated you? How does seeing anxiety as a signal and not a sin change your perspective?

- Leaders give your group time to share here – this could be the first time they have felt comfortable/safe to share their story

2) Once anxiety begins to rise up in our life, we begin to enter what Andrew called the “crazy cycle” of anxiety. Have you ever fallen into this crazy cycle? What are some triggers for you that start this cycle?

- Crazy Cycle -> When we feel anxious we try to take control, then as we try to take control we realize we don't have control, which makes us more anxious. And before we realize it, we're spinning out of control.
- Group leaders share with your group some of the triggers for you

3) Paul shares with us in Philippians 4:6 that the way we break the crazy cycle of anxiety is to surrender. On Sunday we walked through two ways to do this. What were they and how can you begin to do them in your life?

- Give it to God -> through prayer and petition
 - We can treat prayer like this secret, super intense practice. It is simply to talk with God in our own way – not in flowery/Christian language but in our own way. Could be singing, shouting, whispering, etc.
 - He promises to be near -> if it's own our mind then it's on His heart.
- Stop trying to do it ourselves -> we don't just verbally pray that God will take our anxieties, we have to actually surrender it to Him and allow Him to have it.

- Psalm 46:10 -> “Be still and know that I am God.” The verbiage here in the original language is “stop your fighting.” We weren’t made to carry this weight, and in all reality, we can’t! That’s why Jesus came.

4) God doesn’t promise to remove our anxiety/other pain, but to give us peace in the midst of it. He doesn’t promise to remove the storm in our life, but to sit with us in it. How does that change the way you look at trials and struggles in this life?

- How have you seen this play true in your life?
- Peace doesn’t mean we’re going to be rescued, but that the presence of God is going to show up

5) Andrew shared on Sunday (based out of 2 Corinthians 12:1-10) that what God doesn’t remove, He will always use. How have you seen this to be true in your life?

- Group leaders share a story from your life and give plenty of time for your group to share
- See also James 1:2-4

PERSONAL REFLECTION

1) How can you take steps this week to break the cycle of anxiety in your life?

- Group leaders please be sure to share the “Anxious for Nothing Starter Pack” with your group. You can find it on our website.

2) How can you fix your eyes on Jesus in the midst of the storm, allowing you to see the momentary and light afflictions we face in this world in light of eternity? (2 Corinthians 4:16-18)