

The Fight

Anxiety Part 1

Introduction: Life sometimes feels like we are in a fight - relationally, vocationally, financially and in a myriad of ways. But most often, the real fight we face is unseen. It's internal. It's spiritual and we cannot use our own resources to combat what we cannot see. Jesus thankfully has the victory over all aspects of life, so that despite our struggle, victory is assured.

Ice Breaker: Everyone suffers from anxiety at some stage. What main things makes you anxious?

Share and Minister: *(Be gentle and listen as you share and do ministry together. Avoid giving advice.)*

- We are not created by God for "anxiety". We are not equipped to deal with it emotionally, physically or mentally. What does this mean for us living in a world that seems to create anxiety.
- "Anxiety does not empty tomorrow of it's sorrows but only empties today of its strength." Charles Spurgeon. Do you feel this is true? Why?
- Read Matthew 6:25-34. Jesus seems surprised that we worry. Why do you think that is so?
- "The birthmark of a Christian is a bullseye" Steven Furtick. Satan has us all in his sights and will take great pleasure in taking us out. How does this relate to 1 Peter 5:8 ? How does the devil use anxiety to undermine us?
- Why is 1 Peter 5:6 so important to dealing with your anxiety? How might you humble yourself under God's might hand?
- The middle letter in both "anxiety" and "pride" is the letter "I" which reminds us that when we put ourselves on the throne of our lives, we cannot deal with anxiety. How important is it for us to realise that we should never be the leader of our own life.
- What part of living under God's hand (1 Peter 5:6) do you need to do? His plan, His protection, His provision?

Now What?

Share with your group what you are anxious about in your life right now. Lovingly and without trying to fix each other, pray over each other to be released from anxiety as you place yourself under God's might and together. This is really what Connect Groups is all about - everyone loving and praying for each other.

The closer we are to the Shepherd, the safer we are from the wolves