

The Fight

Anxiety Part 2

Philippians 4:4-7

Introduction: As we previously discovered, most of our “fight” in life is not against people (flesh and blood) but there are other forces lurking to bring us down (Ephesian 6:12). Another connected reason comes from the fact that we want something and we don’t get it! (James 4:2-3). So we have found that if we “Position” ourselves humbly under God’s mighty hand (1 Peter 5:6-7) we also need to embrace God’s “Perspective” on our lives in order to deal with anxiety.

Ice Breaker: What kind of “ink blot” would best describe worry to you? What would it look like? (be as creative as you like).

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

- Jesus promised perfect peace uniquely fitting a child of God. (*John 14:27*). It reads like we have responsibility to access this peace. What do we do, or not do that causes our lack of peace, and for us to experience anxiety?
- Have you ever been kept up or woken up with worry or anxiety? What steps did you take to deal with it? Have you used the steps outlined in Philippians 4:6-7?
- Read Isaiah 26:3 in more than one version. What words in this verse do you find comforting and why? What responsibility do we have in receiving “perfect peace”?
- Read Philippians 4:4-7. Why do you think thanksgiving is so important when dealing with anxiety and worry?
- Which part of Philippians 4:6-7 do you feel is the most challenging for you and why? What steps can you take to ensure that you experience the peace the Christ won for us on the cross?
- Matthew 6:33 begins.. “But seek first His kingdom and His righteousness...” Why might these words be the most revolutionary that human ears have ever heard??

Next step...

The old adage - “*a problem shared is a problem halved*” might be good to embrace and practice in your group. Why not share a challenge, a problem, a conundrum, or an answer to prayer that would help alleviate your anxiety or worry. Then practice committing these things with thanksgiving, agreeing with each other about the situation and believe that God has all things in hand. Be sensitive and avoid fixing situations - leave that to God.

**All our fret and worry is caused by calculating without God. Worry actually implies the absence of trust in God.
Oswald Chambers.**