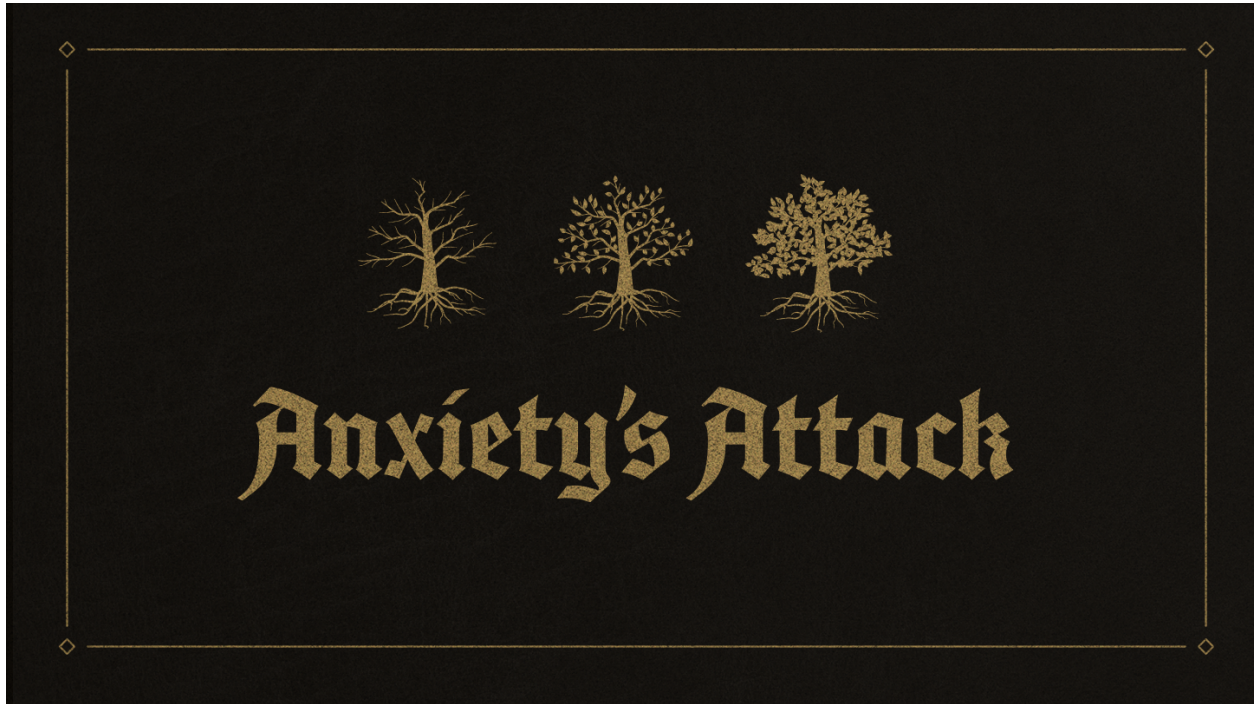


2022

ANXIETY'S ATTACK WEEK 2

CRIPPLING THE CRIPPLER



Overview

Worried. Nervous. Uneasy. Afraid. Anxiety goes by many names, none of them pleasant. Maybe that's why the church has been so hesitant to bring it out into the open. What makes us uncomfortable, is uncomfortable to talk about. However, in the age of atmospheric anxiety, the uncomfortable, internal things could be where we need the love and restoration of Jesus the most. In this series, we will work to find the answers for fighting against anxiety's attack.

Week Two

Often, anxiety's attack feels as though it's happening from the inside out. Rather than situations bringing us anxiety, we bring anxiety to situations. In this way of life, our emotions run high and drive us to places we'd rather not go. We live reactively, moving from fear to fear. How do we gain control over this vicious cycle? We allow seven, small words to comfort us, guide us, challenge us, and calm us. This week we'll discover together the Bible's solution to our lives being more than we can handle.

Big Idea: Knowledge of the faithfulness of God brings peace to anxiety.

Scripture: Proverbs 16:18, Ecclesiastes 7:9, Matthew 10:38-39, 2 Timothy 2:13, Ecclesiastes 4:9-10, Galatians 6:2

Key Takeaways & Action Items

- Fear cares very little about facts.
- When we experience something we don't enjoy, we cope by covering.
- We cover our fear with hubris.
- Are you angry, or are you afraid?
- in order to gain control, you're going to have to lose it.
- Who do you follow mostly?
- You are not alone.

Group Discussion Questions:

1. There are some of us that know exactly what the Bible says about anxiety and worry, but does knowing what it says really help you every time you feel anxious?

2. Most of us were raised not to admit that the answers didn't help our anxiety. Give some examples of the 'advice' or encouragement people in the church have said when you admitted you felt anxious?:
3. It's the enemy who wants you to believe you're the only one who feels anxious even if you know 'the answers'. If we're being honest, how many of us read scripture or listen to a message and immediately heal anxiety?
4. Fear cares very little about facts - instead of focusing on the 'facts' we cover our fear in two ways; pride/Hubris or anger , which do you relate to most?— read proverbs 16:18 and ecclesiastes 7:9
5. Matthew 10:38 - to gain control we must give it up. We have to take up our cross and follow. What are you willing to sacrifice control of so God can correct the control? Who are you actually following?
6. Read Ecclesiastes 4:9-10
We have to defeat anxiety with community. Who can you share your deepest anxieties with? How often are you doing so?
7. Read Galatians 6:2
We are called to fulfill God's law by bearing one another's burdens which means if one of us is struggling, we are all struggling. How can we bear each other's burdens today?
8. 2 Timothy 2:13
The 7 words that help us bear each other's burdens- even when we fall He won't. How can we remind each other throughout this week while we are facing different anxieties?

Resources:

- "Pride goes before destruction," Proverbs 16:18 (ESV)
- Be not quick in your spirit to become angry, for anger lodges in the heart," Ecclesiastes 7:9 (ESV)
- And whoever does not take his cross and follow me is not worthy of me. Whoever finds his life will lose it, and whoever loses his life for my sake will find it. Matthew 10:38-39 (ESV)
- "if we are **faithless**, he remains **faithful**" 2 Timothy 2:13
- "God not only forgives your sins and guarantees you a seat in eternity, but welcomes you to a radically new way of living. This new way of living is not just about submitting to God's moral code. No, it's about God covenantally committing himself to be faithful to you forever, unleashing his wisdom,

power, and grace for your eternal good. **You can take your life off your shoulders because God has placed it on his.**" Paul David Tripp quote

- Two people are better off than one, for they can help each other succeed. 10 If one person falls, the other can reach out and help. But someone who falls alone is in real trouble. Ecclesiastes 4:9-10 (NLT)
- Bear one another's burdens, and so fulfill the law of Christ. Galatians 6:2