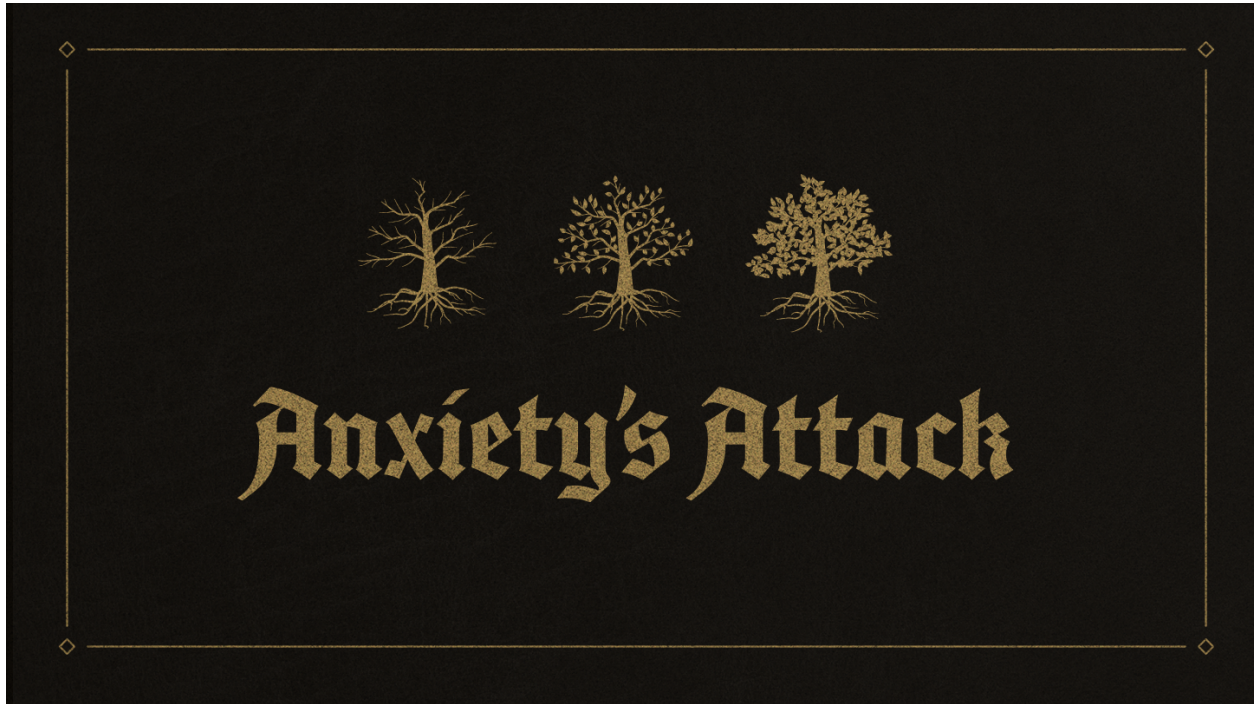


2022

# ANXIETY'S ATTACK WEEK 4

CRIPPLING THE CRIPPLER

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## 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 Four

Just stop it! It's the firm, and more importantly unhelpful, advice we most often receive when we're involved in something that isn't good for us. Unfortunately, well-meaning people often say mean things. In stark contrast, God, through his Bible, has caringly given us the template to follow in order to effectively fight anxiety's attack. It's a two-step process that will, if implemented consistently over time weaken and debilitate debilitating anxiety. In this last week of the series, together we'll put the first nail in the coffin of anxiety.

**Scripture:** Isaiah 55:6-9, Jeremiah 29:10-11, 2 Corinthians 10:5, Philippians 4:8, Ephesians 3:20-21

### Key Takeaways & Action Items

- What we do with our thoughts, matters.
- Our response to brokenness is broken; God's is not.
- God will allow us to experience things we don't want to accomplish in us what he does want.
- Take Every Anxious Thought Captive
- you are not your thoughts.
- identify it, capture it, and hand it over
- Think About Better Things

### Group Discussion Questions:

1. Look up Bob Newhart's Video on Youtube "Stop It"  
It's a comical video, but we must ask, have you been told to just "Stop It" when you've opened up to someone about anxious thoughts, fears, etc? Give examples:
2. Our response to brokenness is broken, but God's is not. Read Isaiah 55:6-9.  
Name some of your negative thoughts, about yourself, or your people, or the

world around you. Now, name some of the thoughts God has about those same things. Do you notice how different his thoughts are from our own?

3. Read Jeremiah 29:10-11

May people just read verse 11, and focus on the hope and promise. But we see in verse 10 these people had to wait SEVENTY years in captivity before relief and rescue would come. Doesn't this seem more relatable now? Do you feel you're in a season of waiting for relief from the thoughts that keep you captive? What are some of those anxious thoughts that you've held onto for your captivity?

4. Read 2 Corinthians 10:5

Scripture tells us we have the ability to take these anxious thoughts captive. It should serve as a reminder that "you are NOT your thoughts". It's ok to have these thoughts, bad or fearful thoughts, even. But, we must take responsibility and ownership to take them captive, and hand them over to God. Not allowing it to consume us. What does handing your thoughts over look like? Have you actually done so in the past? Does speaking them out loud help you?

5. Read Philippians 4:8

Think better thoughts. Like being on a moderation diet, you toss out bad foods and replace them with better ones, the same applies here. Once you've captured and turned your thoughts over, you need to replace them with better ones. So, now that you've written out or said what has been holding you captive and turned it to God- write out some good things that you can hold on to. This can be past events, things you're looking forward to, it's up to you. What are the good things you can think about in place of the "bad"?

Read this text below from James Clear:

- a. Because bad habits provide some type of benefit in your life, it's very difficult to simply eliminate them. (This is why simplistic advice like "just stop doing it" rarely works.) In other words, bad habits address certain needs in your life. And for that reason, it's better to replace your bad habits with a healthier behavior that addresses that same need. If you expect yourself to simply cut out bad habits without replacing them, then you'll have certain needs that will be unmet and it's going to be hard to stick to a routine of "just don't do it" for very long."

6. How many anxious thoughts do you have daily? What would it look like if you just replaced 1 a day with 1 good one, and then added to that number?

Read Ephesians 3:20-21 The Message Translation

How can we better center around things that are true, honorable, pure and lovely starting today?

### Resources:

- Seek the Lord while he may be found; call upon him while he is near; let the wicked forsake his way, and the unrighteous man **his thoughts**; let him return to the Lord, that he may have compassion on him, and to our God, for he will abundantly pardon. For my **thoughts are not your thoughts**, neither are your ways my ways, declares the Lord. For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts. Isaiah 55:6-9 (ESV)
- For thus says the Lord: When **seventy years** are completed for Babylon, I will visit you, and I will fulfill to you my promise and bring you back to this place. For **I know the plans** I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope. Jeremiah 29:10-11 (ESV)
- We take every thought captive to obey Christ 2 Corinthians 10:5 (ESV)
- Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. Philippians 4:8 (ESV)
- Because bad habits provide some type of benefit in your life, it's very difficult to simply eliminate them. (This is why simplistic advice like "just stop doing it" rarely works.) In other words, bad habits address certain needs in your life. And for that reason, it's better to replace your bad habits with a healthier behavior that addresses that same need. If you expect yourself to simply cut out bad habits without replacing them, then you'll have certain needs that will be unmet and it's going to be hard to stick to a routine of "just don't do it" for very long." James Clear
- God can do anything, you know—far more than you could ever imagine or guess or request in your wildest dreams! He does it not by pushing us around but by working within us, his Spirit deeply and gently within us. Ephesians 3:20-21 (MSG)