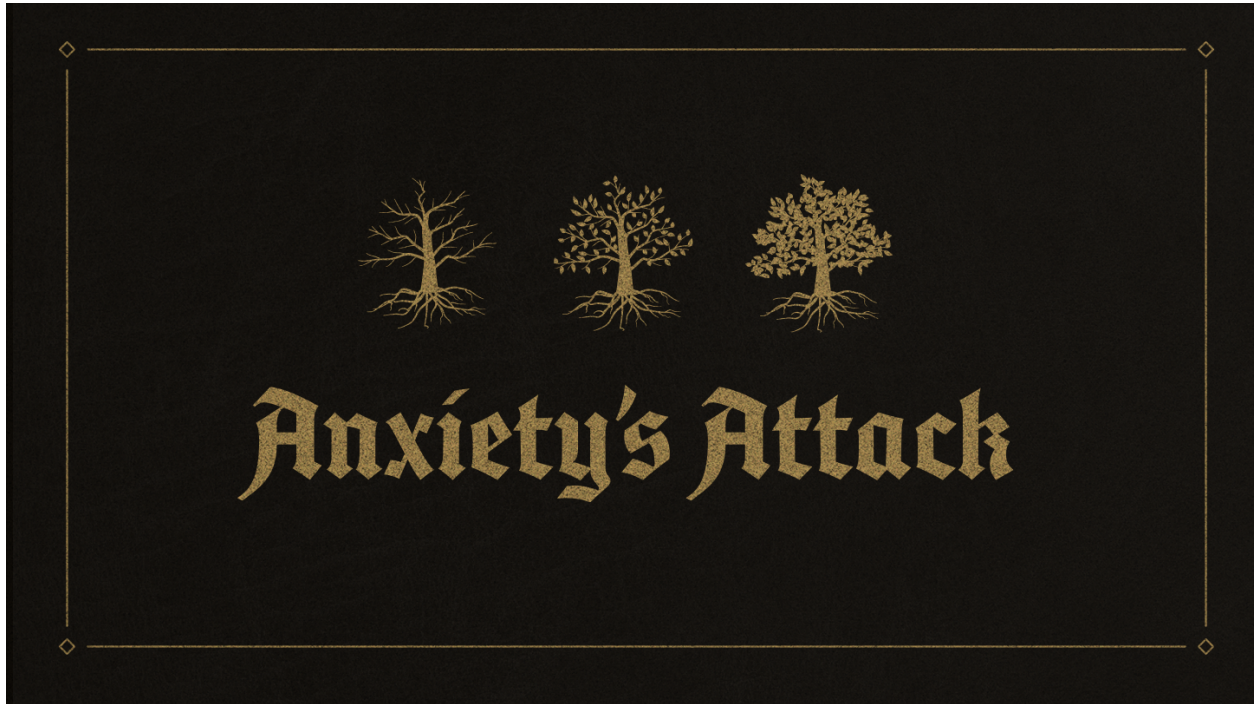


2022

ANXIETY'S ATTACK

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 One

There is, perhaps, no more relevant topic today than anxiety. It's all around us. And, for some of us, it's the internal guide for most of our decisions. God is very clear, this is not the type of life he desires for us. But, how do we defeat anxiety? Is there a simple solution to this pervasive and culturally-leveraged way of life? Unfortunately, no. But, there is a clear first step to freedom: lending an ear to the instructions of Jesus, and that's what we will do together this week. It's time we engage in the battle against anxiety's attack.

Big Idea: God has given us clear instructions on how to begin facing anxiety.

Scripture: Isaiah 41:13, Romans 8:32, Matthew 6:25-34, 1 Peter 5:6-10, John 16:33

Key Takeaways & Action Items

- anxiety is **atmospheric**.
- anxiety is **big business**.
- The enemy will use the things we consume to consume us.
- anxiety is blocking us from knowing the care of God.

Group Discussion Questions:

1. What do you want? (out of life, the less general, the better)
2. What are you afraid of? What is making you anxious?
3. What questions, about yourself or the world around you, does your anxiety prompt?
4. Anxiety is atmospheric. It's just become a way of life just like iPhones and netflix. Would you agree that it's all around you? Are you more aware of the amount of people who struggle with anxiety? Do you not see it as often?

5. Anxiety is "big business"- meaning the media is making billions on our fears. Do you agree with this? Disagree? Give examples of things you've noticed the media pulling in money by heighting our anxieties:
6. Read Isaiah 41:13 esv
With your present circumstances, do you believe God truly holds your hand and is helping you?
When your pride introduces a independence anxiety, how easy/hard is it to come back to believing God is holding your hand to help you?
7. Matthew 6:25 esv
It's easy to read this well know verse, but when you're in the middle of something that feels life threatening and altering, it's hard to "not be anxious. What are some promises we can get from the following verses:
Read **Matthew 6:26-34** and write out the truths against our anxiety attack: (examples: clothes & food are important, and we have to have those- but God even feeds birds who don't have "significant value". When we doubt our value to God, we allow the Enemy to have the upper hand. There are bigger things to worry about, God will supply. He knows better what we need, than we know what we need/don't need.)
8. The enemy wants us to soak in the "unknown" the future, the things we truly have 0 control over. How easily can we pray "God, I can't worry about ____ so i'm leaving it to you and I'll do my part focusing on what I can do"?
9. Read 1 Peter 5:6-10 esv
Write out what we're called to do and what comes from doing those things (example- humble yourself, cast all anxieties → God promises, restores, strengthens..etc)
10. How can we encourage others to remember John 16:33 esv
"Take Heart"- He has already overcome our worry, our fears, our anxieties..

Resources:

- For I, the Lord your God, hold your right hand; it is I who say to you, "Fear not, I am the one who helps you." Isaiah 41:13 (ESV)
- "Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing?"

- Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add a single hour to his span of life?
- Since he did not spare even his own Son but gave him up for us all, won't he also give us everything else? Romans 8:32 (NLT)
- For the Gentiles seek after all these things, and **your heavenly Father knows that you need them all.**
- But seek first the kingdom of God and his righteousness, and all these things will be added to you.
- "Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble. Matthew 6:25-34 (ESV)
- Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you. Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world. And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you. 1 Peter 5:6-10 (ESV)
- I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world." John 16:33 (ESV)