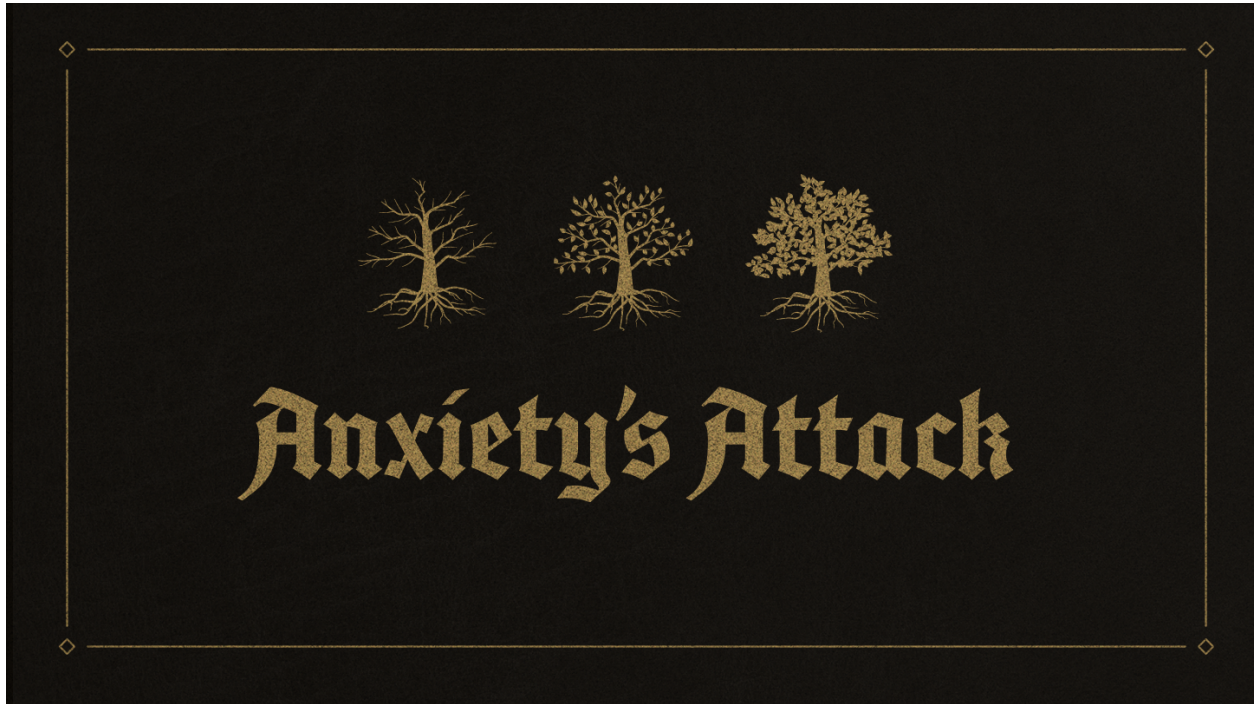


2022

ANXIETY'S ATTACK WEEK 3

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 Three

The trauma that our anxiety originates from plays a key role in the future of our spiritual life. If left unattended it is a weapon the enemy uses against us, but if we work through it God can use our story in miraculous ways. By exploring the lives of three siblings we will see how each of them combat the same past to lead God's people forward.

Scripture: Exodus 15:20-21, Exodus 32:1-5, Numbers 20:7-12

Key Takeaways & Action Items

- anxiety is an outcome or a response to events, not a personal deficiency.
- Influence paired with unidentified trauma leads to a volatile individual.
- comparison is one of the most harmful forms of codependency.
- "The limits of my language are the limits of my world." - Ludwig Wittgenstien.
- When we fail to come to peace with our past it will be a feature of our future struggles.

Group Discussion Questions:

1. Where is your anxiety coming from?
2. What are methods you implement when feeling anxious?
3. Austin started out the talk by illustrating the trauma Moses, Miriam and Aaron must have from childhood, to slavery, and all the inbetween.
Read Exodus 15:20-21 esv
(if you're not familiar, read Exodus 2)
What are some trauma patterns you see for each character
4. Miriam can be noted as bold, loud, fearless- dominant and a prophet, she leads the women as Moses leads the people. But some of her anxieties and

trauma can be noticed as she loses herself when she loses control- can you relate to that? Are you one who wants control, or just for certain things?

5. Miriam also knew how to celebrate the good- because she had been through so much bad. But due to her past, small triggers lead to unhealthy patterns of questioning leaders, people, herself, God. Do you relate in this way?

Explain:

6. "Influence paired with unidentified trauma leads to volatile individual"- like Miriam, do you become volatile easily? Do you lose control when control is loose? Do you believe you still have unidentified trauma?

7. Read Exodus 32:1-5esv

Let's focus on Aaron now. He didn't love leadership, he was used to speaking for Moses, and collapsed under pressure. He KNEW what was right to do, but instead he chose his codependency and did what the people wanted, he built an altar. Can you relate to Aaron? When there is a high pressure, do you collapse to what the people want instead?

8. Comparison is one of the most harmful forms of codependency. We can compare physically, but also spirituality. How often do you compare how far along you are in your spiritual walk? Why isn't God moving in your story as much as another person? What are some other comparison questions you often ask?

9. Read Number 20:7-12 niv

Focus on Moses- when reading we need to remember Moses was under stress, anxiety and grief after his sister Miriam had passed, the water dried up, the people he's leading are complaining. On top of all this stress, God asked Moses to do the one thing he could not do well: Speak. Instead of trusting God to work in the midst of his impediment, he did what he was comfortable with and used his anger to hit the rock. Water did come, but the promise land did not. Now that you read this scripture through this lens, what does it say is true about your life?

10. When we fail to come to peace with our past it will be a feature of our future struggles. As we see in the way Miriam, Moses and Aaron dealt with their anxiety and stress, we too have unhealthy patterns that stem from past traumas and situations. Who do you relate most to of the 3? What are some trigger points that lead you to an unhealthy place?

11. The equation to overcoming our anxiety includes BOTH God and community. So, how can we challenge each other when our trigger points and trauma areas come to light?

Resources:

- Then Miriam the prophet, Aaron's sister, took a timbrel in her hand, and all the women followed her, with timbrels and dancing. Miriam sang to them: "Sing to the Lord, for he is highly exalted. Both horse and driver he has hurled into the sea." Exodus 15:20-21 (NIV)
- When the people saw that Moses was so long in coming down from the mountain, they gathered around Aaron and said, "Come, make us gods who will go before us. As for this fellow Moses who brought us up out of Egypt, we don't know what has happened to him." Aaron answered them, "Take off the gold earrings that your wives, your sons and your daughters are wearing, and bring them to me." So all the people took off their earrings and brought them to Aaron. He took what they handed him and made it into an idol cast in the shape of a calf, fashioning it with a tool. Then they said, "These are your gods, Israel, who brought you up out of Egypt." When Aaron saw this, he built an altar in front of the calf and announced, "Tomorrow there will be a festival to the Lord." Exodus 32:1-5 (NIV)
- The Lord said to Moses, "Take the staff, and you and your brother Aaron gather the assembly together. Speak to that rock before their eyes and it will pour out its water. You will bring water out of the rock for the community so they and their livestock can drink." So Moses took the staff from the Lord's presence, just as he commanded him. He and Aaron gathered the assembly together in front of the rock and Moses said to them, "Listen, you rebels, must we bring you water out of this rock?" Then Moses raised his arm and struck the rock twice with his staff. Water gushed out, and the community and their livestock drank. But the Lord said to Moses and Aaron, "Because you did not trust in me enough to honor me as holy in the sight of the Israelites, you will not bring this community into the land I give them." Numbers 20:7-12 (NIV)