



RENT FREE Calm My Anxious Mind

#nprentfree

Week
3 of 4

September 19, 2021

Bottom Line: True, noble, reputable, authentic, and gracious thoughts do not fuel fear and anxiety.

Icebreaker: Gather enough pennies for your group that are no more than 15 years old. Give one to each person and ask them to share a thought or memory from that year.

Key Verse: *Summing it all up, friends, I'd say you'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse.* Philippians 4:8 MSG

Because we think our present circumstances are unique, we use them as an explanation and an excuse to justify hopelessness or staying stuck. Anxiety is the language of defeat. We must transfer our focus from anxiety to trust in God.

Three primary elements feed our anxiety: Self-talk—Fear and anxiety are produced by what you tell yourself, not by what you actually experience. It is very important to pay attention to what you tell yourself. If you are prone to anxiety, you live in a “what-if” world. **Private assumptions**—Assumptions are not certainties, facts, or actualities. They are just suppositions we take for granted. You take them as rock-solid and build your life around them. You assume you are **not worthy, not able, not enough, and that you are alone**. To cope with these negative assumptions that typically begin in childhood, people often construct belief systems that help them survive. What starts as survival mechanisms end up becoming entrenched faulty belief systems as an adult. **Faulty beliefs—Personalization** is the first. Everything is filtered through how it affects you, no matter how distant. **Control** is next because you believe everything is about you, and safety only comes from controlling it. **Perfectionism** arises because the closer you can get to perfect, the more control you believe you will have. **Dependency** makes you believe your only safety is in relationship with others, so you attach to them for worth. But this ties your safety and anxiety to those people. **Affirmation**—what these other people say hyper matters! But you reinterpret what they say, and your need grows—it's a downward spiral. You cannot remove all anxiety from your life, but you can effectively calm your anxious mind: **Put God first in all things**—truly first. **Know your value**. You are infinitely valuable to God. **Realize God's in control**. Your situation is actually under His control, not yours. **Believe your needs will be met**. God will take care of you. **Understand God knows your needs**. He gets it all. **Pursue Christ daily**. This should be your focus. **Live one day at a time**. That's how God intended you to handle it. It really does matter what fills your mind. You need to begin to seriously listen to what your thought-life has been telling you. Fear and anxiety are not fueled by the true, the noble, the reputable, the authentic, or the gracious, though they certainly can be compelling. Ask God to help you call to mind the things in your life that are the positives—the blessings. They're there; you just need to see them.

THINK IT OVER >>>

What was the most significant part of Sunday's message to you?

Anxiety is the language of defeat. It leads us to use our circumstances as an explanation and excuse. It forces us to surrender before the battle is even engaged. How have you experienced this?

Anxiety is a perversion of faith. It is the confidence that what you hope and believe against will actually happen. How do you believe that cycle gets started for you?

How does your thought-life feed your anxiety? How aware are you of your self-talk? How can you become more aware? How can you more deliberately question your questions?

Can you identify any general hidden assumptions that dominate your life? Where/how did they get their validity?

How about mistaken beliefs? Which of the ones mentioned give you the most consistent trouble?

LOOK IT OVER <<<

Discuss:

When your safety and value is tied to others, so is your anxiety.

When you give other people control over how you feel about yourself, what they think matters. How can you balance caring about other's opinions without being controlled?

This belief system, that approval of others is necessary for self-worth, leaves no room for the concept of constructive criticism. If approval is suspect, outright criticism is damning.

“Put God in His rightful place, and one thousand problems are solved all at once.” A. W. Tozer

Pursue Christ daily. Live one day at a time. How do you practically do that?

How do you train your mind to think? Philippians 4:8

NEXT STEPS

1. Own your anxiety.
2. Ask God to help you see its roots and outgrowths.
3. Personalize and write out your plan for releasing your anxiety to God.

EVALUTION/ACTION

Realizing and reaching your full potential in Christ

Bottom Line: True, noble, reputable, authentic, and gracious thoughts do not fuel fear and anxiety.

Rate yourself from 1 to 10 1 (never), 10 (always)	1	2	3	4		6	7	8	9	10
Why did you give yourself this rating?										
What benefits will you obtain by raising your rating?										
Do you know someone who demonstrates this bottom line well? What do you admire about that person?										
What specific action can you put into practice to raise your rating?										
At the end of this week, reflect - where did you see the bottom line show up in your actions throughout the week?										

PRAYER

List group members and their prayer requests for this week:

DAILY STUDY

Want to dig deeper? Check out **The Daily** this week at newpointe.org/daily:

Monday: Hebrews 11:1

Tuesday: Matthew 6:33

Wednesday: Matthew 6:25-26

Thursday: Matthew 6:34

Friday: Philippians 4:8-9

Don't let the conversation stop here. Keep talking it over with others throughout the week.
(Don't forget to bring this paper to your next small group meeting)