



When Anxiety Attacks

Why Am I Anxious?

#npwhenanxietyattacks

Week 2

2 of 4

November 10, 2019

Bottom Line: It's not the way THINGS are but how WE are that matters.

Icebreaker: Share a thought/belief you have or have had that makes others laugh—like you believe that the Browns will win the Super Bowl, or that Big Foot lives in Southern Ohio. When did you second guess your belief—or do you? 😊

Key Verse: *Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.* Psalm 139:23-24

Psalm 139, King David's eloquent conversation about anxiety and God's relationship to anxious people, was birthed from his personal experiences. He provides a magnificent picture of how God cares for us and looks over us, and how intimately He is involved with our lives. He talks to God about the craziness of his world, times that are certainly similar to ours. He tells God about fighting his enemies, and then he makes a hard turn from his external enemies to his internal battle, the turmoil within. He knows the world will always be crazy, so he needs to focus his attention on himself and his inner thoughts. He courageously asks God to examine him, search his heart, and know his anxious thoughts, and point out any offensive way in him. He became aware that the way *we* are is much more important than the way *things* are.

When we allow God to look inside of us, He gives us ways to control our anxiety. There are many things that trigger our anxieties. At least seven of them start with "I." **INTAKE:** What we allow into our minds affects our anxiety. We take in too much information. **IMBALANCE:** We give too much weight to the wrong words or relationships. **INDECISION:** It is rooted in fear—that you'll make a mistake, that you'll fail, that you'll embarrass yourself, that you'll make a commitment you can't keep, that somebody will laugh at you or reject you. **INTEGRITY:** We aren't the same person all the time. We project different versions of ourselves. **INTENTION:** Lack of honesty about our motives and intentions is stressful. **IMAGINATION:** Our imaginations are used to worry and create forecasts of fear. **ISOLATION:** We are designed for community. When community decreases, anxiety increases.

The external enemies are never going away, and the battle is not going stop. So, God, show me my anxious thoughts. It's not the way THINGS are but how WE are that matters.

THINK IT OVER >>>

What impacted you most from the message?

David saw that God was not only overseeing the magnificence of the cosmos but also the intricacies of him being formed in his mother's womb. How does it impact you to know God feels that way about you?

Our "Saul" is not the one that limits our potential. It is our soul that limits our potential. What does that mean to you personally? How do you know it to be true? What threatens to limit your potential?

We can take another job and take on another boyfriend or girlfriend, but we still need to deal with the turmoil inside of us. This seems very difficult to believe and accept. Why?

Why do you think it takes courage to pray David's prayer? What is so frightening about it?

What does our fear say about our picture of God and our intimacy with Him?

LOOK IT OVER <<<

An overload of information and information lies weaken our faith. How have you found this to be true? How do you combat it?

Of the six triggers Dwight mentioned, which is the strongest enemy in your life? Have you discovered anything that helps you win?

If everything is urgent, nothing is. Agree or disagree? Why?

Draw a one-inch box. Put the people's names in there who are qualified to influence you well. Who is in the box that shouldn't be?

Everyone's opinion does not carry the same weight. Agree or disagree? Why?

The gap between who you are and who you pretend to be is anxiety. The greater the gap, the greater the anxiety. What is your personal experience here?

NEXT STEPS

1. Spend time in personal reflection. Ask yourself, "What is making me anxious?"
2. Focus on Who God is. What does His character say to me about my situation?
3. Pray daily, "Search me and know my anxious thoughts."

EVALUTION/ACTION

Realizing and reaching your full potential in Christ

Bottom Line: It's not the way THINGS are but how WE are that matters.

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: Isaiah 55:8-9

Tuesday: Isaiah 26:3

Wednesday: Isaiah 41:13

Thursday: 2 Timothy 1:7

Friday: 2 Thessalonians 3:16

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)