

TALK IT OVER

Anxiety: Your Choice – Part 3

BOTTOM LINE

You can't change what has happened to you, but you can choose what happens next.

CONVERSATION STARTER

If you could add one healthy thing to your daily routine, what would it be?

THINGS TO CONSIDER

What did you hear?

What do you think?

What will you do?

RESOURCES

- The Daily: newpointe.org/thedaily
- [Trusting God When You Don't Understand](#) by Craig Groeschel (36 min.)

KEY VERSES AND QUOTES

Now there is in Jerusalem near the Sheep Gate a pool, which in Aramaic is called Bethesda and which is surrounded by five covered colonnades. Here a great number of disabled people used to lie – the blind, the lame, the paralyzed. One who was there had been an invalid for thirty-eight years. When Jesus saw him lying there and learned that he had been in this condition for a long time, he asked him, “Do you want to get well?”
John 5:2-6 NIV

You say you have faith, for you believe that there is one God. Good for you! Even the demons believe this, and they tremble in terror.
James 2:19 NLT

My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid. John 14:27 NKJV

“If you want to be well, you are going to have to do some things you never thought you could do or that you haven't done for a long time.”
– Dwight Mason

“Trauma is our body's response in the present to things that have happened in the past ... Creating a non-anxious life while still living with past hurts, habits, and hangups is nearly impossible.” – Dwight Mason

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Would the sick man in John 5 have said that he was trying to choose healing? How was he sabotaging himself? What things are you fixated on that are sabotaging your own healing? Can you identify past hurts and hangups you must face and deal with to heal and build a non-anxious life? What is a choice you could make to move toward healing? You can't change what has happened to you, but you can choose what happens next. How would you help someone choose inner healing? How can you help yourself? What are some choices you can personally make to bring greater health to your life physically and mentally? Choosing to believe in and trust God is the final empowering choice. Most people try to relieve anxiety by gaining control, but that only increases anxiety. How are you learning to trust God? What difference is it making for you? Jesus promises that when we choose to surrender to Him completely, He will give us His peace. His peace is a condition of the heart and mind that allows you to see and respond effectively to whatever event or situation you might be facing. How have you experienced this peace? Pray together about your choices.

ACTION STEP

I will surrender completely and place my trust in God. Then I will do the work by making these practical choices for health: _____