



When Anxiety Attacks

Anxious for Nothing

#npwhenanxietyattacks

Week 3

3 of 4

November 17, 2019

Bottom Line: Humility is the path to a sound mind.

Icebreaker: Talk about one of your favorite bosses, coaches, or teachers. How did that person's leadership serve you well? What do you remember most about him or her?

Key Verse: *Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.* 1 Peter 5:6-7

1 Peter is written to people who are suffering in several significant ways, people who desperately desire rest and peace. Can you identify? When anxiety attacks in hard circumstances, we are tempted to despair, feel abandoned, even doubt the goodness of God. Peter points to humility as the foundation of the way through. **Humility is knowing your place;** knowing that He is God and you are not. **He is in control.** It is living your life gratefully under the powerful and loving hand of the mighty God, believing it is a life of rest and reward. **I rest in His care,** knowing that whatever gives me cause for worry, concern, fear, or anxiety is His to handle. **I take life seriously and watchfully.** I know that I have an enemy who wants to destroy me. We all know that times of suffering are times of moral and spiritual vulnerability. Therefore, **I resist the enemy.** I know I am not alone; others are standing firm and resisting him too.

Resisting him and standing strong in my faith is impossible without possessing a sound mind. I must focus on God, taking all my thoughts captive. I continuously guard my self-talk and the emotions that follow what I say to myself. My emotions are not the result of my situation—they are the result of what I say to myself about the situation. Then my behavior follows my emotions. An unsound mind is natural. It is characterized by lack of focus, negative self-talk, counterproductive emotions, and ineffective behavior. God's gift to me is the supernatural ability to have a controlled, sound mind, and I humbly cooperate with him to make the change. I am characterized by love, power, and a sound mind when I deliberately repent, or change my mind about my focus, my self-talk, my emotions, and behavior. In humility I give myself fully to God amid my anxiety-producing situation and let God produce a sound mind in me.

THINK IT OVER >>>

What impacted you most from the message?

There's a direct connection between humility and rest and peace. How do you see this is so?

I can rest under God's mighty hand when I recognize that He is in control.

Humility is actually living the way human beings were meant to live. It's living out your full humanity as God created you. You and I were created, not to live an independent life; we were created to live in dependency on God; and when I live that way, I'm living according to the order of the universe and according to the plan of God, and that way brings reward and blessing. How does this statement make you feel? Encouraged? Confused? Hopeful? Why?

God invites us to cast our cares on Him because He really does care for us. What are the things in your life that give you cause for worry, for concern, for fear, for anxiety? How do you "cast your cares"?

LOOK IT OVER <<<

God has not given you a spirit of fear, but of power and of love—He has given you a mind that has been delivered, rescued, revived, salvaged, protected, and brought into a place of safety and security so that it is no longer affected by illogical, unfounded, and absurd thoughts. Why is it important for you to understand this?

We must focus, and Satan's continual effort is to distract us. ". . . we take every thought captive to make it obedient to Christ" (2 Corinthians 10:5). How do you do that?

What is your greatest failure in developing a sound mind? Lack of focus, negative talk, counter-productive emotions, or ineffective behavior? Is it surprising to think that your failure indicates an unsound mind?

How would you advise an anxious person to keep his mind steadfast, fixed on God? Isaiah 26:3

NEXT STEPS

1. On a scale of 1 to 10, rate the soundness of your mind.
2. Work on your areas of failure through humble surrender.
3. Consciously fix your focus on God and His ways daily.

EVALUTION/ACTION

Realizing and reaching your full potential in Christ

Bottom Line: Humility is the path to a sound mind.

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: 2 Timothy 1:7

Tuesday: Isaiah 41:10

Wednesday: 1 Peter 5:7

Thursday: 1 Peter 5:8

Friday: Proverbs 18:21

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)