



When Anxiety Attacks Fear This!

#npwhenanxietyattacks

Week 4
4 of 4

November 24, 2019

Bottom Line: When your faith in God exceeds your fear, anxiety loses its grip.

Icebreaker: The holidays are upon us! When you look at the holidays and your to-do list, what provokes the most anxiety? Your to-do lists? A specific task? The event itself? A relationship?

Key Verse: *Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid (anxious).* John 14:27

As David said, we are fearfully and wonderfully created by God. One of the gifts He has given us is imagination. We have the ability to project forward and imagine our future. While imagination allows for wonderful creativity, it also allows for anxiety. Jesus told us that in this life we would experience fear and anxiety because we are part of this broken world, but there is a way to handle our anxiety effectively. The early disciples discovered it and became fearless. Like us, death loomed as the largest fear, the unconquerable enemy. They daily lived in the fear of death. Then they saw with their own eyes that Jesus died and then conquered death, their greatest fear, and promised He would resurrect them too! Now they had more faith in Him than they feared death, and anxiety dissipated as they nurtured their relationship with the mighty God who conquers all.

When we initially think about what Jesus said: *"Be anxious for nothing,"* it seems impossible. But as we prioritize the relationships and perspective the disciples had, we will find our own anxiety and fear fading. **Know and experience God as your Father.** Intentionally focus on the fact that the mighty Creator, the Ruler of the Universe, is your Father. **Realize that you are God's child.** You are His dearly loved child. You are the focus of His heart. Your needs are at the center of His concern. **Live in community.** Anxiety and fear keep us in isolation and from being completely truthful. But Jesus said that it is only knowing and living the truth that will set us free. We access truth in community. Embracing truth is the only way to grow closer to God and mature in our faith. Instead of hiding your mistakes and secret hang-ups, start practicing brutal honesty by sharing your authentic self with others. Find friends you can trust, and be willing to go below the surface and share what might seem too scary to let anyone else know. Other followers of Jesus are the only place this can happen. When we intentionally choose to follow God's plan, fear and anxiety lose their grip and we have peace.

THINK IT OVER >>>

What impacted you most from the message?

Is your imagination currently more of a curse or a blessing? Why?

The disciples' faith in Someone overcame their fear of something. Reflect and explain.

God is the ultimate fear object. How so?

When your faith in someone is greater than your fear of something, anxiety loses its grip. How and when has this been true for you?

This is the kind of peace that people really want: A peace that brings calm, clarity, and confidence in the midst of the chaos and confusion, the frustrations and irritations, and the difficulties and disappointments. How do you see this desire reflected in your own prayers? In the world around you?

Peace is not the state around you. It is the state of heart and mind in you.

LOOK IT OVER <<<

Anxiety can keep you from enjoying what you have while you wait for what you don't have. How do you prevent this in your life?

How does knowing God as your Father attack your anxiety? How are you currently nurturing that relationship?

You are God's dearly loved child. How is that fact empowering you in your anxiety-producing situations?

How are you deliberately nurturing life in community? What benefits are you receiving? How are you helping others? Where do you find yourself most able to be your authentic self? How might you better encourage others in community?

Peace as a condition of heart and mind means that we operate from clarity, calm, and confidence, not from confusion, frustration, and fear. Consider how operating from a condition of peace affects the way you do your job and interact with people. Share.

NEXT STEPS

1. Talk to God as Father as you pray every day.
2. Deliberately reflect on the fact that you are God's dearly loved child every day.
3. Participate in community intentionally, even in this busy week.
4. Ask God daily to help your faith grow bigger than your fear.

EVALUTION/ACTION

Realizing and reaching your full potential in Christ

Bottom Line: When your faith in God exceeds your fear, anxiety loses its grip.

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: Jeremiah 32:17; Psalm 139:7-10

Tuesday: Matthew 10:29-31

Wednesday: 1 John 3:1-2

Thursday: James 5:16

Friday: John 14:27

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)