



Fear + Anxiety

June 26, 2022

CG Discussion Guide

CATCHING UP ON LIFE

This is when we update each other on the things that Jesus has been up to in our lives since we last saw each other. As A church family, we care about each other's lives: what we're celebrating, what we're mourning, what decisions we are praying through, and everything in between. (1 Thessalonians 2:8, Romans 12:10 and 15)

Suggested time: 10 minutes

- What can you thank God for this week?
- When were you most aware of Jesus' presence this week?
- When were you least aware of Jesus' presence this week?

REVIEW THE MISSION

Just like God the Father sent Jesus on a mission of reconciliation for us, Jesus sends us out as ambassadors of His reconciliation. We are called to make disciples wherever we go because Jesus changes everything. (John 20:21 and 2 Corinthians 5:18-20) · *Suggested time: 10-15 minutes*

- People:
 - Who in your life (family, coworkers, etc.) can we join you in praying for? Who has God put around you that is showing spiritual interest? Who is hurting and could use some love from our group?
 - Who are the people we are intentionally living on mission with (neighbors, Serve CLT partner organizations, or a specific demographic in Charlotte)? What are our upcoming plans to love, serve, and build relationships with this group?
- Plan:
 - Are there any hangouts already planned, or an extra hangout we could plan to create a way for these friends to connect with our group?
- Pray:
 - Prayer is the fuel of God's mission. Let's pray for our people by name; pray for their needs, and opportunities to have spiritual conversations that help them take next steps toward Jesus.

SCRIPTURE AND SERMON DISCUSSION

God uses His Word to reveal Himself to us, equip us to live the good life He's designed for us, show us our sin, and strengthen us as we follow Him. We preach the Word on Sundays and apply it as a Community Group throughout the week. (2 Timothy 3:16-17, Colossians 1:9-12 and James 1:22-25) · *Suggested Time: 30-40 minutes*

Read Psalm 55.

1. What stands out to you from this passage? What does this passage show us about God? What does this passage show us about ourselves?

Recap the sermon.

2. What stood out to you from the sermon? What comforted you? What convicted you?

In the sermon we said that Fear and Anxiety tell us three truths:

- We live in a fallen broken world.
- Good things are worth caring about.
- We are not in control .

3. What do you tend to fear or be anxious about? How does it relate to these three truths?

Read Luke 12:4-7.

Our fear and anxiety remind us of the three truths above, but blind us to the 4th and most powerful truth - That God is good and in control. In view of this truth, we fight our fears, worries, and anxieties by having a greater fear of God.

4. How does growing your view/fear of God help you fight your fears?

We can submit our fears to God in three ways:

- Sabbathing to give Him control
- Meditating on His promises and power.
- Remembering His faithfulness in our lives

5. Which of these practices can you step into this week to help grow emotionally healthy around the area of fear and anxiety?

Pray - Pray that our members would remember the Lord, his faithfulness, power, and promises, and that we would be able to surrender control of our lives and circumstances to trust Him with our lives.

ENGAGE THE HEART

Jesus calls us to walk in the light, confessing our sins to God and each other. God's Spirit works through confession and community to lead us to repentance. (Romans 3:23-24, James 5:16 and 1 John 1:5-10) *Suggested Time: 30-45 minutes.*