

Emotions that Destroy - Anxiety

2.19.20 – High School

2.26.20 – Middle School

Pastor JR will look at the topic of anxiety from a Biblical viewpoint. Your goal is to get students to see their fear and worry as a heart issue. Try diving into some of the following questions with your students. Encourage them to be honest and not just give the “right” answer, but to really evaluate how they feel in their heart.

Fear and worry can reveal the true nature of your heart, such as...

1. Your view of GOD

- Do you really believe He can be trusted?
- Do you really believe He loves you?
- Do you really believe He has a specific plan for you?
- Do you really believe He is powerful?
- Do you really believe He is sovereign?
- Do you really believe He is a good King?
- What does your fear and worry say about what you believe about God?

2. Your view of YOU

- Do you view yourself as one of God’s forgiven children?
- Do you believe nothing can separate you from His love?
- Are you glad to be one of his servants?
- Is your life about God furthering your plan or you furthering His?
- Are you willing to endure trials if that is how God wants to make you more like Jesus?
- What does your fear and worry say about what you believe about yourself?

3. Your view of OTHERS

- What are you afraid of people doing for/to you?
- What are you afraid of people not doing for/to you?
- What does your fear and worry say about your view of other people?

Take some time as a group to discuss specific areas you struggle with sinful worry. Which category does it fit in? (i.e., view of God, you, or others)

What strategies did Pastor JR give for combating those specific areas?

Scripture references:

- Matthew 6
- Philippians 4:6
- John 14:27
- 2 Timothy 1:7
- John 12:42-43
- 1 John 4:18
- Philippians 2:3-4

For those in your group that are not believers, this is a great opportunity to share where your hope comes from, and how true peace can only be found through Jesus!