



Anxiety

3 November

Key Texts

Jeremiah 29:11

Matthew 14:22-36

Luke 5:1-11

John 13:1-17, 14:9, 16:33

1 Peter 5:5-11

Talking through the message during the week helps turn what God is saying into action steps. Get connected with some folks who will listen and dig into the word together.

Read 1 Peter 5:5-11

- Can you reduce these verses to a single sentence (i.e. put it in your own words)?
- Why do you think Peter is addressing anxiety?
- How do understand anxiety?
- Why do you think Peter reminds people that they are not alone?
- What does “humbling yourself” look like?
Being humble toward God? Toward those in the family of God?
- What are some possible connections between anxiety and spiritual attack? Why do we sometimes blame the devil for things that are not his?
- What strikes you about Peter’s response to the attack of a “roaring lion”? Why do you think Peter says “Resist, standing firm” rather than “run”?
 - What does resisting look like?
 - Who is most vulnerable to attack?
 - How can we encourage each other to stand firm?
- What are some passages in the Bible that come to mind when you think of the description “God’s mighty hand”?
- Peter reminds his readers about the suffering of Christians around the world. How is this a source of strength?
- What does the promise of v10-11 mean?
- How do we view the two lengths of time mentioned in v10?

Next Steps:

- Be conscious this week of humbling yourself, casting all your anxiety on him, knowing he cares for you.

Make the following declaration:

- In times of testing, doubt and discouragement, I will trust in God.
- I will be committed to the gathering of believers.
- I will make it a priority to be in God’s word and to listen to and walk with God’s Spirit.
- I will encourage new believers and those who are struggling.