

## GO DEEPER

use these questions for further study

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*Use the following questions below for individual or group study. Begin in prayer, inviting the Spirit to speak during this time.*

**Share** with the group: Pastor Adam shared his (very holy and highly biblical) fear of snakes. Do you have any fears, phobias, or things that make you anxious?

When you experience anxiety, where in your body do you feel it?

What methods do you currently use to relax when feeling anxious?

How well do these seem to work?

Why is it important to distinguish acute anxiety tied to a specific and real threat vs more general or chronic anxiety?

Pastor Adam called anxiety a signal, not a sin. Have you ever thought about anxiety in this way before? What do you think of this framing?

Why might it be helpful?

**Read 1Peter 5:7 & Philippians 4:6-7**

What are these verses saying?

How can these verses be misused and turned into sources of shame?

How should they be used properly as sources of hope?

What does it look like to practically live them out?

**Consider the three P's from 2Chronicles chapter 20: Pray - Pause - Praise**

Where do you see them lived out in the Jehoshaphat story?

Why do you think Jehoshaphat was able to respond in these ways in the midst of a high-anxiety situation?

Which of these is easiest for you? Which is hardest? Why?

Why are all three important?

Can you think of other biblical stories where you see this pattern?

How can you grow in practicing these disciplines in non-anxious times?

Pastor Adam talked about the question “what is mine to do?” Why is this an important question to ask in prayer in the midst of anxiety? What happens when we don’t pause to ask it? How does the question help us better manage our anxiety? How does it help us follow God?

**Live It!**

Are there situations you’re currently facing that cause anxiety? Invite the group to lift them up to God in prayer. Take time to pray, pause, praise together.

**Close** by praying 1 Thessalonians 5:23-24 together.

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## SERMON NOTES

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