



## Antidote To Anxiety – Message 5

### Announcements

**Women's Night // Tuesday, October 2** // Event starts at 7:00PM (Door open at 6:30PM) // Little Creek Campus. Ladies, invite your friends and join us for a dynamic Women's Night featuring speaker, singer, songwriter, and pastor DawnCheré Wilkerson of VOUS Church in Miami.

### Warm-up

When anxiety arises, how do you respond initially? Examples can be to vent, stuff down emotions, run away, pray about it, begin planning a solution, etc. What is your first response to worry?

### Word and Application

We resume the small group lessons in week 5 of the *Overwhelmed* series with guest speaker, Todd Mullins of Christ Fellowship Church in Florida. Today's message gives us the practical *Antidote to Anxiety*.

### How anxiety affects us

Each of us has areas that can cause various levels of anxiety. We can become anxious about our health, our finances, our relationships, our jobs.

- What are some things that you stress about on a routine basis?
- What is the difference between natural concerns and sinful worry?
- Why is prayer often the last resort to our concerns?
- How does constant worry affect our Christian walk?

### The antidote of prayer

God's Word is very specific about not wanting us to live with worry and anxiety. Let's look to the Scriptures for the antidote.

**Read Philippians 4:6-7, Ephesians 6:18, 1 Thessalonians 5:17-18, and Proverbs 3:5-6.**

We learn that prayer needs to be our *first* response and not our *last resort*. While prayer is the key response to getting beyond worry and concern, it is less about the words we pray and more about our heart and attitude.

- What is the posture that is prominently demonstrated in the scriptures you just read? What is the promise if we pray with this attitude?
- Do you tend to only pray to God when you are in need?
- Do you agree with this statement, *Prayer is both a response and a lifestyle based on an intimate relationship with Jesus*. Explain your response.
- What does it mean to have lifestyle of prayer?

**Read 1 Peter 5:6-8 and Psalms 55:22.**

- What is the posture or attitude God is requiring of us? What are His promises in these two passages?
- Peter warns us about our enemy, the devil, and his desire to devour us. What are ways that we can resist the devil?
- How did Jesus resist Satan in Luke 4:1-13?

**Life Challenge**

**Two Steps to Overcome When Anxiety and Fear Comes**

1. Open Your Mouth and Turn to God
  - We spoke earlier about how vital it is to turn to God through thanksgiving, prayer, and supplication. Do you struggle in either of these areas and why?
  - Share with the group one step you can take to grow in that particular area.
2. Share Your Problems and Turn to a Godly Friend
  - **Read Proverbs 17:17 and Galatians 6:2.** What is the importance of having a godly friend to share your problems with?
  - If you do not have a friend you can turn to, take one of the following next steps:
    - Pray that God would reveal that person to you or bring that person to your life.
    - When/If that person is identified, give that person permission to speak Truth into your life.

**Prayer**

If you have allowed anxiety to overwhelm you, confess and repent of that to the Lord. Then approach God with humility and thanksgiving, and tell Him your worries. Also, ask the Holy Spirit to help you strengthen your prayer life. Pray for the specific needs of your small group.