



## Conquer Anxiety

### WEEK 4 DISCUSSION GUIDE

## OVERVIEW

In this message of the series entitled, *Conquer Impossibilities*, we will learn four keys to conquering anxiety.

## DISCUSSION

In **John 10:10**, Jesus shares the mission statement of the devil: ***But when he fights against you he doesn't swing with fists, rather he often attacks in the realm of your thoughts.*** Fear and anxiety are some of his main tactics.

- Why do you think there is so much anxiety in the world today?
- What are some things that make you anxious?

The great thing about living a life with God is that we can actually be free from this spirit and mindset of fear. **John 14:27: *"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."*** Peace is something in our DNA as children of God—we just have to tap into it.

- How does this verse give you hope?

**Mark 4:35-40: *As evening came, Jesus said to his disciples, "Let's cross to the other side of the lake." So they took Jesus in the boat and started out, leaving the crowds behind (although other boats followed). But soon a fierce storm came up. High waves were breaking into the boat, and it began to fill with water. Jesus was sleeping at the back of the boat with his head on a cushion. The disciples woke him up, shouting, "Teacher, don't you care that we're going to drown? When Jesus woke up, he rebuked the wind and said to the waves, "Silence! Be still!" Suddenly the wind stopped, and there was a great calm. Then he asked them, "Why are you afraid? Do you still have no faith?"***

If Jesus said this gift of peace is something that he purchased for us, how can we attain it?

1. Take things one day at a time.

Many of us are anxious in chaotic moments as well as calm moments because we fear that the calm moments will turn into chaotic moments. Anxiety becomes a problem for many of us because we attempt to fight the worries of all of our future days today. Jesus said in **Matthew 6:34: *"So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today."***

- Do you tend to worry about tomorrow instead of focusing on today?

2. Guard your mind.

In the story of the storm, it says that ***“The disciples woke him up, shouting, “Teacher, don’t you care that we’re going to drown?”*** The thought “you’re going to die” entered their minds and took root so much that they were convinced that this was how it was all going to end. We can’t control when anxious thoughts or lies from the enemy come, but we can decide if we will accept it as truth.

- Share a time when you’ve experienced God’s peace in the midst of a storm.

God created our imagination, but the devil manipulates it. Instead of dreaming up things God could do, we spend our time imagining all the horrible things that could happen. **Philippians 4:8: *Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.*** The Word of God is what we measure thoughts against. If it’s not in the Bible, we shouldn’t let it get in our minds!

- What are some practical ways we can guard our minds? What Scriptures do you use to guard your mind?

3. Trust in His hands.

**Matthew 8:24: *Suddenly, a fierce storm struck the lake, with waves breaking into the boat. But Jesus was sleeping.*** Jesus could find rest in the midst of chaos because He trusted His life into His Father’s hands. David writes in **Psalm 3:5** when he was running for his life from his son Absalom: ***I lay down and slept, yet I woke up in safety, for the LORD was watching over me.*** God’s ability to protect us is much better than our ability to protect ourselves.

- Why is it sometimes difficult for us to trust God with our lives?
- How can we grow in our relationship with God so that we can also grow to trust Him more?

4. Fight with His Word.

**Mark 4:39: *When Jesus woke up, he rebuked the wind and said to the waves, “Silence! Be still!” Suddenly the wind stopped, and there was a great calm.*** Without the Word of God, we will have nothing to dismantle the stories and lies that the enemy creates. **2 Corinthians 10:3-4: *We are human, but we don’t wage war as humans do. We use God’s mighty weapons, not worldly weapons, to knock down the strongholds of human reasoning and to destroy false arguments.***

- Do you regularly speak God’s Word out loud to fight against the lies of the enemy?

## LIFE CHALLENGE

This week, reflect on the four steps we can take to conquer anxiety. Dive deeper into Scripture, and overcome anxiety with His Word!

## PRAYER REQUESTS & CLOSE IN PRAYER