

I've Got Issues - Anxiety

Getting Started

People throughout history have purposely put themselves in situations that produce manageable levels of anxiety. Over the last 100 years, we've gotten increasingly better at monetizing these things. We call them theme parks. Around the globe millions of people each year flock to theme parks and thrill rides to experience a taste of managed anxiety.

Discussion: Share with the group about a past or recent ride that pushed your anxiety threshold.

Going Deeper

All of us face anxiety. Even the big three...the President, the Pope, and Pastor Scott deal with it. Anxiety, like anger, often stems from fear: fear of not being good enough, fear of not having enough, fear of losing out or missing expectations. As a young pastor, Timothy was struggling with a lot of these issues. That's partly why Paul wrote his letters to Timothy. They were an encouragement to help him deal with something that's normal to all of us.

Read 2 Timothy 1:7

As kids, many of us had people that we could go to for strength when we were anxious about things. Sometimes it was our parents, grandparents, or guardians. Sometimes it was an older sibling or cousin. Other times it was a close friend. For Timothy it was Paul.

Discussion: Who was your go-to person as a kid? Why?

Dealing with anxiety was a common theme in the bible times because people were losing property, jobs, and even being tortured or killed for their faith in Jesus. You see the leaders of that day talking a lot about it in their letters to the churches. In one letter to the Roman Church, we see a great passage on having the right perspective about this.

Read Romans 8:14-16

Discussion: What does this passage say about those who are led by the Spirit of God? What are the things that the heirs of God will share? How might this be an encouragement to you?

Paul continues on with that thought in verse 28. Read it together.

Discussion: What seems to be a pre-requisite for God working *all-things* (as opposed to some things) out for your good?

Read 1 John 4:12, 18

Discussion: Describe some ways in which you've seen love help drive out fear.

Acting Normal

As a group, share some things that you are anxious about, pray for each other, and commit to holding each other up in prayer throughout the next week.