

White Elephant

Part 1: Worry for Peace

WEEK OF DECEMBER 05, 2021

The most “wonderful” time of year is often the most “worry-full” time of year. This is how you can begin to trade that worry for peace.

MESSAGE NOTES AND HIGHLIGHTS

- Anxiety is what you feel now when there is uncertainty or fear about the future.
 - Anxiety levels among Americans have increased for the past 80 years.
 - “It’s healthier to eat ice-cream with friends than it is to eat broccoli alone.” | Kent Jacobs
 - “Anxiety is like a rocking chair. It gives you something to do, but it gets you nowhere.” | Jodi Picoult
 - ...All of you, clothe yourselves with humility toward one another, because, “God opposes the proud but shows favor to the humble.” | 1 Peter 5:5
 - Pride says, “I got this.” Humility says, “I can’t.” Humility recognizes what we can’t control.
 - The moment you know that you can’t is the moment you begin to recognize your need for someone who can.
 - Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time. | 1 Peter 5:6
 - Am I going to trust this to my hands, or to mighty hands?
 - Cast all your anxiety on him because he cares for you. | 1 Peter 5:7
 - Much of the anxiety we experience from day to day comes from carrying things we were never meant to carry in the first place.
 - “God takes full responsibility for the life wholly devoted to him.” | Charles Stanley
 - Know that you can’t, and then trust the one who can.
 - And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. | Philippians 4:7
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DISCUSSION QUESTIONS

1. How much do you experience worry or anxiety? What causes you the most worry or anxiety?
2. Pride can be a large factor in anxiety because pride makes us think, “I got this. I can control this. It’s all on me.” Humility acknowledges what we can’t control. Have you experienced that tension between pride/control and humility? How so?
3. “Much of the anxiety we experience from day to day comes from carrying things we were never meant to carry in the first place.” What kinds of things do you think you’ve been carrying that you weren’t meant to—that you may need to let go of and/or trust God with?
4. Practically speaking, how can you trust God more with your life and the areas that cause you anxiety? What could that look like?