

FEARLESS

What to Do about Anxiety

OCTOBER 29, 2023

Anxiety, anyone? With every passing year, more people are more anxious than ever. So what do we do about it?

MESSAGE NOTES AND HIGHLIGHTS

- Anxiety is what we feel now when there's anxiety about the future.
 - Anxiety in America has increased year after year for 85 years.
 - "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
 - Humility says, "God I recognize that ultimately there's just so much about this life that I can't control."
 - 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 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 actually comes from carrying things we were never meant to carry in the first place.
 - There's so much freedom in knowing what problems are God's to fix and control, and not ours.
 - "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.
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DISCUSSION QUESTIONS

1. How much anxiety do you experience on a daily or weekly basis? What are some of the most common causes for you?
2. The apostle Peter encourages us to humble ourselves rather than be proud—to acknowledge what we can't control instead of trying to do everything ourselves. In what areas do you think you may be "proud" or trying to control what you can't?
3. What might it look like to have humility, to let go of control, and to trust God with what worries you?