

# Overcoming Anxiety, part 2

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September 6, 2020

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I Peter 5:6-7

## I. All by Myself

A. Culture

B. The Reality

## II. Surrendering

A. Humility

B. Leaning on someone else

C. Leaning on Someone else

## III. It's Better Together

A. The source of all comfort

B. It shouldn't end with us.

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### **'Connecting' Questions:**

- 1) What is one major accomplishment in your life that you are proud of?
- 2) Are you someone who prefers to work alone, or in a group? Why?
- 3) How can we support you in prayer this week?

### **'Applying the Word' Questions:**

- 1) Josh mentioned two phrases about feeling anxious that are often used that don't really help or aren't really even accurate. What is a phrase you hear people say that is unhelpful or doesn't mean what people think it means?
- 2) Think back to your answer about whether you are someone who prefers to work alone, or in a group. Do you struggle to depend on others?
- 3) Think back to your answer about a major accomplishment in your life that you are proud of. What is something you tried to accomplish on your own, but weren't able to?
- 4) In I Peter 1:6-7, Peter seems to give us a two-step program: (1) Be humble; (2) give up your anxiety. It sounds simple, but life is hardly ever that easy. We have to learn little by little to give up control and humble ourselves. What is an area in your life where you need to surrender control?
- 5) Proverbs 3:5-6 indicates that our human tendency is to trust in what we know and follow our own will. But the wisdom here is that there is a better place to put our trust, and our hope. The Lord is the one who not only has perfect wisdom, but is also the one who is willing to make our paths straight if we lean on Him. What is one step you could take today to shift your trust away from your own strength and into His?
- 6) II Corinthians 1:3-4 indicates that God is not only the source of wisdom, He is also the source of all compassion and comfort. Have you been comforted in a struggle or trial recently? Share that with the group. What are some ways that you could pass that comfort on to someone else facing a similar trial?