



# STUDY GUIDE

## ANXIETY & THE PEACE OF GOD

11.03.2019

### [start with prayer]

Missions Prayer Focus this week:  
Disaster relief efforts in Pearl Island

### [start with prayer]

Start your time by reading Psalm 91:1-2 and praying out of that passage.

### [set up]

On Sunday Pastor Josh taught on 1 Peter 5:6-7 and the topic of anxiety. Pastor Josh himself has struggled with anxiety in his life. Have you had bouts with anxiety? Has your family or friends? Go around the room and rate (from 1 to 5) how much anxiety has impacted your life and the life of your friends/family.

1 = "Anxiety has not impacted me or my friends/family at all"

5 = "Anxiety has had a major impact on me or my friends/family"

### [digging deeper]

Pastor Josh had us write the verse on a piece of paper and mark it up. Do you remember what he had us do? Write it out if you remember. [Hint: It included a circle, square, star, and cross. Also, you can always go to [cvconline.org](http://cvconline.org) or the CVC app to watch the sermon again.]

1 Peter 5:6-7—"Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you."

The key to understanding how to cast our anxieties on God and receive the peace of God is the concept of humbling. In order for casting your cares on God to be possible, we must humble ourselves under the mighty hand of God.

Do you agree with this statement? Why or why not.

*Fear/anxiety/worry is the fruit of the belief that someone or something other than God is in control. Anxiety's root is the belief that either God doesn't know what you are going through, or God doesn't care what you are going through, or God can't do anything about it.*

God's hand is so mighty. He has done amazing things in history to protect His people. In what ways have you seen God's hand lead and guide your own life?

(over)

Read 1 Peter 5:6-7 again, but also read verses 8-11.

What insights to we glean about fear and anxiety?

What or who is out to keep us fearful and without peace? How should we respond?

What is the result of someone who trusts in God's great mighty hand?

What do you think verse 10 means? What does "restore, confirm, strengthen, and establish" look like in the area of anxiety?

## **[living it out]**

Living out the peace of God in our lives is a daily battle. It's a fight! We need daily practices to keep our minds and hearts fixed on Christ. Read these verses and complete the exercise below:

Romans 12:1-2

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

2 Corinthians 4:16-18

So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.

How do "the renewal of our minds," "humble yourselves, therefore, under the mighty hand of God," and "inner self is being renewed day by day" relate? What tangible, practical things can you do to help this happen? Get a piece of paper and write "Daily Steps for God's Peace" at the top of the sheet. Write what your group comes up with on that piece of paper, take a picture of it, and share it to Instagram (tagging cvconline) or share it in the Cuyahoga Valley Church Facebook group to share your responses with other groups.

We all need accountability for trusting in God. Choose one of these practices and commit to do them throughout this week, then report back next LifeGroup how it went.

## **[praying it through]**

Ask if there is anyone in the group that needs specific prayer regarding a mental health issue. Under your LifeGroup Leader's direction, come around that person, lay your hands on them, and pray for them.

Close your time by praying for your fellow group members.