

## Generation Fear Overcoming Anxiety

March 11, 2018 / Dan Solofra

Fear is: False Evidence Appearing Real

Anxiety is fear. . . \_\_\_\_\_.

\_\_\_\_\_ : The fear of something in the future that may or may not happen. It usually imagines a worst case scenario.

<sup>5</sup> Let your *gentleness* be evident to all. The Lord is near.  
Philippians 4:5, NIV

Use your \_\_\_\_\_ meter to determine if you have an anxiety problem.

<sup>4</sup> Rejoice in the Lord always. I will say it again: Rejoice!  
Philippians 4:4, NIV

The journey to overcoming anxiety begins (and ends) with thanks.

1. \_\_\_\_\_.
2. \_\_\_\_\_.
3. \_\_\_\_\_.

<sup>6</sup> Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. Philippians 4:6, NIV

Express your need. Say to God, “\_\_\_\_\_.”  
Seek God’s presence and power. Say, “I need \_\_\_\_\_ help.”  
“Jesus, I need you to save me from \_\_\_\_\_.”

<sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:7, NIV

Anxiety does not just \_\_\_\_\_. It is \_\_\_\_\_ with the peace of God which \_\_\_\_\_ the way we think.

<sup>8</sup> Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Philippians 4:8, NIV

I can \_\_\_\_\_ what I think about.

Anxiety comes from an unhealthy focus on \_\_\_\_\_ and the need to be in \_\_\_\_\_. Peace comes from a focus on God and \_\_\_\_\_. Remember, he is in control.

<sup>9</sup> Whatever you have learned or received or heard from me, or seen in me—**put it into practice**. And the God of peace will be with you. Philippians 4:9, NIV

Past \_\_\_\_\_ with anxiety reminds me that God’s promises are true and lead me back to God’s \_\_\_\_\_.

### MEMORY VERSE

<sup>6</sup> Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. Philippians 4:6, NIV

**My next step:** I will identify my fears as false evidence appearing real. I will face my fears with God’s peace and focus my thoughts on Jesus and his love for me.

What’s your next step today?  
Mark it on your Communication Card.

Thank God  
Ask Jesus for help  
Focus on God and his promises  
Be prepared to face my fear  
Face my fear  
Thank God

## **Impact Groups Questions**

### **Generation Fear - Overcoming Anxiety**

**Getting started:** Share three things you have to be thankful for today. (and do this everyday for the rest of your life☺.)

#### **FEAR**

On Sunday we were given a definition of fear. We were told that fear is False Evidence Appearing Real. Let's see if this is a good definition using this story.

Phil is 9 years old and in the fourth grade. There is a bully at school who threatened to beat him up if he didn't give him his lunch money. Now Phil hates going to school and gets anxiety as soon as he wakes up on school mornings. He even gets bad headaches and light headedness from his anxiety.

Patti, Phil's mom, says our fear definition is bad because his situation is real. In what way is Patti right?

In what way is Patti wrong, and how is Phil's situation false evidence that only appears real?

*Agree or Disagree.* The way to solve Phil's problem is to get rid of bullies at school.

#### **Back to Sunday**

#### **Read Phillipian 4:4-9**

One way that we can recognize that stress and anxiety are becoming an issue for us is by the loss of gentleness. How do recognize when fear and anxiety are beginning to affect you?

In verses 6 through 8 Paul gives some very specific direction for those struggling with anxiety. Two components of a prayer will be 1) an admission that you

cannot handle the issue on your own and 2) a request that God will take up your cause and help you. Why are these two elements in a prayer so powerful?

I like the illustration of a teapot when it comes to fear and anxiety. The issues of life "turn up the heat" and anxiety is like the whistle that blows off steam. In the moment, we need to remove the teapot from the heat to get it to stop boiling. But a good way to keep the pot from boiling in the first place is to start with water that is at room temperature.

Look at verse 8 again. Give a few examples of things that are true, noble, pure, right, lovely, admirable, excellent and praiseworthy. How does focusing on these things drive out fear and help keep anxiety at a distance?

Here are some practical steps for dealing with anxiety. What do you like about them? What might you add?

**Thank God**

**Ask Jesus for help**

**Focus on God and his promises**

**Be prepared to face my fear**

**Face my fear**

**Thank God**

#### **Make an Impact**

On March 23 and 24 we'll be having a special Inviting Laveen Outreach Training & Event. The training is on the 23rd and the event is on the 24th. We'll be sending out 40,000 postcards to our community to invite them to Easter services. This event will be supporting those invitations! Partner with someone in your group if you like and contact Phil Bischoff to register!

**Close with Prayer**