
A Year in the Word

A Year in the Word: Part 25

Small Group Questions: Slaying the Anxiety Giant (Miniseries Part 3)

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Read

1 Samuel 30:6–19; Matthew 6:25–27; 1 Peter 5:7; Corinthians 1:3–4; Philippians 4:6–8; and Psalm 71:5–14

Reflect

In 1 Samuel 30, David and his men return to Ziklag—the Philistine city where they have lived for a number of years under a ruse of switched loyalty to the king of the Philistines. In returning, they discover all their women and children have been taken captive by the Amalekites, and their city destroyed by fire. When David’s men begin to blame him in their grief and anger, and consider stoning him, David grows anxious at what to do. But he turns to the Lord, finding strength in God. When faced with a dire situation, whom do you really turn to first, and why?

What anxiety does to you:

- Anxiety causes you to jump to conclusions.
- Anxiety literally makes everything stink.
- Anxiety will wear you out.
 - What fears and anxiety do you carry from painful experiences in your past?
 - How has it set off avalanches of what ifs and worst-case scenarios?
 - What tends to trigger your anxiety? Do you find yourself expecting the worst? Explain.

Pastor Greg offers five ways to encourage yourself in the Lord:

1. Get God’s perspective on your problem.
 - a. How does David overcome his emotions, and decide whether to pursue the Amalekites?
2. Enlist a team to help you.
 - a. Who do you need on your team? In addition to God, think of specific people and their possible roles.
 - Tour guide, Sherpa, counselor, doctor
 - b. How can they support and sharpen you? Or do you tend to choose only people who will agree with you?
 - c. What role are you willing to play for someone else?
3. Look for signs that build your faith.
 - a. David finds a sick Amalekite slave left behind in a field, who guides him to get his people back. How has God given you signs and aid on your journey? Do you consciously look for these signs?
 - b. Right now, what do you do to actively build your faith? Ex. review God’s promises, pray and meditate, worship and praise, journal, other? Which do you need to add?
4. Be prepared to fight hard and take back what was stolen.
 - a. What is keeping you from confronting the source of your anxiety? Have you asked the Holy Spirit to give you discernment on whether to stay the course or choose a different path?
 - b. Get a battle plan and stay with it. Which areas do you need support and encouragement to address?
 - Start exercising again.
 - Refuse to let anxiety rule you.
 - Receive God’s peace.
 - Go to war with your thoughts.
5. Never quit hoping for a better future.
 - a. Do you believe the best is yet to come? Why or why not?
 - b. What phrases do you need to replace? I never...to...I can ____ How could you reframe your situation?

Respond: Where is God leading you? How can your small group support you?