

SCARED OF DEATH

PART 2: THE PERPETUAL ANXIETY IN THE PRESENT

INTRODUCTION

As a society, we're more anxious now than we've ever been. If fear is caused by our belief in a *future* potential loss, then anxiety is the *present* emotion caused by that uncertainty. We carry it around like a software virus. It slows us down and quietly keeps us from operating at our full potential.

DISCUSSION QUESTIONS

1. Do stressful situations make you anxious or are you usually calm? In what ways does that tendency benefit you? In what ways does it create challenges?
2. What are some reasons you think anxiety has been on the rise in our culture over the past 80 years?
3. "Anxiety subtly slows us down and quietly keeps us from operating at our full speed." In what ways is anxiety slowing you down?
4. Read 1 Peter 5:5-7. What are some practical ways you could be humble toward the people you interact with every day? What obstacles stand in the way of practicing that kind of humility?
5. Is it difficult for you to believe that being humble toward other people will invite God to shoulder your anxiety and "lift you up in due time"? Why or why not?
6. What currently makes you anxious? What can you do this week to cast that anxiety onto your heavenly Father, trusting that he is in control of your present and future? How can this group pray for you?

MOVING FORWARD

Anxiety is the result of carrying something you weren't meant to carry. God cares about you. Cast your anxiety on him by turning your anxiety into prayer.

CHANGING YOUR MIND

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.

1 Peter 5:6-7