



March 21/22, 2020

Use this simple study guide to help you dig deeper into the weekend message with your family, your small group, or even act as a guide during your own personal quiet time with God. Grab your Bible or Bible App and a journal and write down what God puts on your heart!

Worship While You Dig

Check out the Revolution Church worship playlist on Spotify while you dig deeper! www.revyourlife.com/worship

Key Scriptures to Study

Phil 4:4-7 ESV Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

1 Peter 5:6-7 ESV 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.

Big Ideas

Anxiety is a “check your soul light” telling you it’s time to pray.

If it’s big enough to worry about, it’s big enough to pray about. If it’s on your mind, it’s on God’s heart!

Break the Cycle! HOW?

Internalize this truth:

You don’t always have the power to control, but you do always have the power to surrender and trust God!

Start Talking.

Use these discussion questions to start conversation:

- What kinds of situations stress you out the most?
- What is your default response to anxiety?

Start Thinking.

Meditate on or talk through these questions to help you think:

- Have you ever thought of anxiety as a signal? How could viewing anxiety as a signal change what you think about your anxiety?
- Do you ever hold back how you’re feeling from God? How could being honest with Him help in times of anxiety?
- Read 1 Peter 5:6-8. Why is it important to focus on God’s ability to care for you, rather than on the threats of the enemy?

Start Sharing.

Choose a question to create openness:

- What steps can you take to surrender to God and break the cycle of anxiety this week?
- How can you encourage someone struggling with anxiety to go to God for help?

Start Praying.

Be bold and pray with power:

- Father, thank You that, no matter what anxieties we’re facing, we can give them all to You. We can trust that, even in hard times, You will care for us and lift us up in due time. Help us to surrender all our troubles to You. In the name of Jesus we pray, amen.

Start Doing.

Commit to a step and live it out this week:

- Consider the anxieties you’re struggling with in life and have an honest conversation with God about what you’re facing. Ask Him to take your anxieties from you.