

Help Me Not Freak Out Pt. 1

Philippians 4.4-7

Key Notes:

Do not be anxious about anything...

Anxiety

- The presence of anxiety is unavoidable, but the prison of anxiety is optional. - Max Lucado
- Anxiety **decreases** when prayer **increases**.

But in everything by prayer and supplication with thanksgiving let your requests be made known to God.

Prayer

- Mark 10:49-51
- Prayer is the **real you** having a **real conversation** with the **real God**.
- Specific prayer helps you get to your root issue.
- Specific prayer can lead to a specific passage of Scripture.

Do you leave time to hear God's voice?

Listen

- Worried about losing my job: *And we know that for those who love God all things work together for good, for those who are called according to his purpose. Romans 8:28*
- Overwhelmed: *Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. Isaiah 40: 28-31*
- I'm a failure: *If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9*

The more you pray specifically, the more God can ease your anxiety personally and help you not freak out.

Communion Reflection Song - https://www.youtube.com/watch?v=LcYG_FsCSs

Prayer & Discussion Guide

After watching the message, we encourage you to pray through these requests and walk through these questions - either on your own or with those you are watching with.

Pray For:

Some of these requests are specific to the coronavirus, and we want to continue to pray for them each week throughout this pandemic.

- Pray for your own heart and the opportunities to share Jesus - don't shrink back and get comfortable. Press in and make yourself available to others.
- Pray for national and community leaders.
- Pray for doctors and researchers - for treatment and a cure.
- Pray for people impacted directly by the virus.
- Pray that we would stay connected as followers of Jesus and not isolate and separate.
- Pray for people you know who are freaking out - that they would look to God and that you would have the opportunity to talk to them about God.
- Pray that you would be open to how God wants you to grow in your relationship with him during this season and that you would be faithful to press into him first when you experience frustration, uncertainty, anxiety, etc.
- Pray specific prayers - just the real you and the real God having a real conversation - that help you get to the root of your anxiety and fear.

Discussion Questions:

1. Look at the phrase: *Do not be anxious about **anything***. Do you live like there are exceptions or certain circumstances that are outside of this instruction? What would it look like for you to trust God with **all** of your anxiety?
2. What do your current prayers reveal about the root of your fears and anxieties?
3. What has your experience with prayer been? Do you feel like you've given up on prayer? Do you forget to do it? Avoid doing it? Feel like God's not listening? Look to other things?
4. How would your prayers look different if the **real you** approached the **real God** for a **real conversation**? Talk about ways you can leverage the time you have in the midst of this pandemic to talk to God more.
5. Is there a specific time God has spoken to you through his Word? Consider picking a passage of Scripture (maybe one of the ones listed above) to commit to memory.
6. What promises or truths about God did you hear today that you need to be reminded of and encouraged by in this time?

