

Check-in ~12-15min

This week we are talking about how to overcome anxiety. According to the Oxford Dictionary, Anxiety “is a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.”

1. What in your life has made you feel this way?
2. What do you tend to do when you are anxious about something or someone? Close down? Eat more? Drink more? Sleep less? Nervous ticks? How would your significant other or close friend or family member answer this question for you?

Prayer ~2min

Read Psalm 56:1-4, 9-11 and have someone pray as they feel led based on the scripture.

Scripture Study ~40min

Context: Author, Audience, and Preceding Verses. Before meeting, watch overview of Book of Philippians here.

<https://www.youtube.com/watch?v=oE9qqW1-BkU>

Read: 1 Peter 5:6-10 out-loud. Then read it on your own with a pen and underline or mark: questions, contrasts, repetition, commands, topic changes, ooh/ahh moments, other verses come to mind?

Personal paraphrase: have someone share a verse(s) in their own words.

What did you personally connect with in the message on Sunday?

Discuss contrasts, repetition, commands, topic changes, and questions.

Application ~10min

Assuming faith in God’s promise of future grace is a muscle, what ways can you cultivate this? What ways can you choose to resist the devil? How do you cultivate firmness of faith every day?

Write Out Summary

Give time to write: What are you learning about God, His promises, activity, commands?

What do you learn about people and our tendencies, our hope, our responsibility?

Pray Forward ~30min

Returning to the passage, pray for how you want to live out the Scripture. The Enemy will attack you, identify and pray against whatever obstacles you WILL face in application.