



# OVERCOMING ANXIETY

## Family Devotional/Adult & Teen Discussion Guide

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JANUARY 27, 2019

**1. PRIMARY STATEMENT:** Everyone gets anxious, stressed or afraid from time to time, but for some people, anxiety can be so overwhelming that it becomes debilitating. Satan wants to leverage anxiety to neutralize your life, but with God's help, you can find peace and serenity - even if the stress factors in your life don't change.

## 2. BIBLE VERSE:

1 Peter 5:8 [ESV]

*"Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour."*

Satan will take advantage of any situation he can to tear you down. If he can pump your mind full of anxiety, those thoughts will displace the peace, confidence and sense of purpose God wants you to live in.

**Q . What's a situation that causes you anxiety?  
Is anxiety a logical reaction to that situation?**

**Q . If you felt that way multiple times a day, what effect would that have on your overall happiness?  
What day to day tasks would be harder to do?  
What God-related tasks or thoughts would be harder to stick to?**

## 3. DISCUSSION:

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."*



Life-altering anxiety isn't something you can just snap out of, or think your way around. It takes God's help to change your thoughts, and replace anxiety's lies with His truth.

**Q . What are some ways you can reinforce God's truths in your mind?**

**Q . Think back to the situation you identified earlier that causes you anxiety. How would God's truth re-frame it?**



## 4. PRAYER FOCUS

List the situations in your life that cause you stress and anxiety. Ask God to help you in each of these, to resist slipping into a harmful pattern of thinking, and to hold onto His perspective on them. Ask Him to fill your life and mind with His peace as you submit to His leadership.



# LIFE IS A HIGHWAY: MERGE

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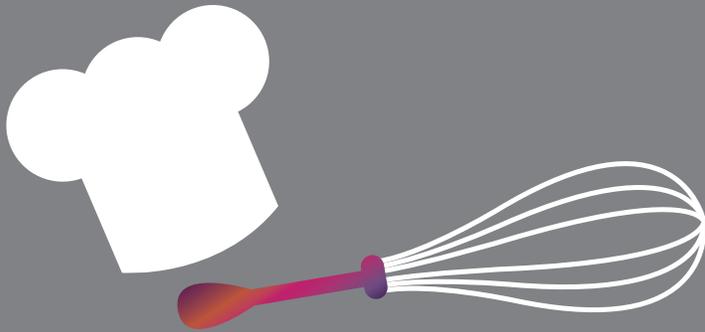
JANUARY 27, 2019

### 1. POWER VERSE: 1 Corinthians 3:9 *"We work together as partners who belong to God."* What's up: "You & Me, We Agree, We Can Work In Unity!"

This week, we continue our series called, "Life Is A Highway". In this series, we're learning that life is a lot like a highway. The Bible says that there are two roads that we can choose to travel on. One leads to life in Heaven forever and one leads to sin and death. We have to make sure we are on the road that leads to Heaven.

### 2. ACTIVITY:

Find a simple baking recipe for a dessert, and have the whole family work together to prepare the dessert, giving each person a part! While it bakes, continue the Family Devotion.



- Q. Was this an easy task? Why or why not?
- Q. Would this have been more difficult or taken longer if you had to do it all on your own?
- Q. Did you enjoy working together?

### 3. DISCUSSION:



It's easy to think that "it's all about me" when it comes to life. Many people think the most important thing is to find out "what's in it for me." But in the Kingdom of God, we're all members of the same team, the Body of Christ. On this team, we must all work together to help accomplish the goal of reaching as many people as possible for Jesus.

Q. How can you do better to work together as the Body of Christ?



### 4. PRAYER FOCUS

Pray for your children to be humble, put others first, and work together to do big things for God. Then thank God for the time you spent together as a family baking - ask God to bless the food! Then go eat your dessert together!