



# OVERCOMING ANXIETY & FEAR- 2

## Family Devotional/Adult & Teen Discussion Guide

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FEBRUARY 3, 2019

**1. PRIMARY STATEMENT:** Anxiety is a challenge we need to stand up to, but it's not always obvious how to fight it. Thankfully, God has given us some great instructions in Philippians on strategic ways to stiff-arm fear and pursue joy & peace.

## 2. BIBLE VERSE:

Philippians 4:6 [ESV]

*"...do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God."*

Fear is often based on a lack in ourselves, our resources, or our ability to get through a situation without pain & suffering. When we actively take all our fear-inducing challenges to God in prayer, we remind ourselves that at the end of the day, He's got us.



**Q .** What are a few scenarios in your life that have the potential to be fear-inducing?

**Q .** Do you ask God for help in those areas on a regular basis?

**Q .** If you knew that for each scenario, no matter the outcome, God would ensure you're alright - how would that affect your level of peace about it?

## 3. DISCUSSION:

Philippians 4:8-9 [ESV]

*"Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you."*



The best positive action you can take to fight anxiety isn't to try and worry less - it's to populate your mind with God's truths. When your head and heart are full of His promises, it's a lot harder to get swallowed up in worry and anxiety.

**Q .** What are some specific examples of things that would fit into the category of what you should think about?

**Q .** What are 4 or 5 different ways you can populate your mind with the right things?



## 4. PRAYER FOCUS

Go back to those scenarios that can be fear-inducing. Ask God for specific help in each one, then read Psalm 145 to Him as an affirmation of your trust in His character and power.



# LIFE IS A HIGHWAY: CONSTRUCTION ZONE

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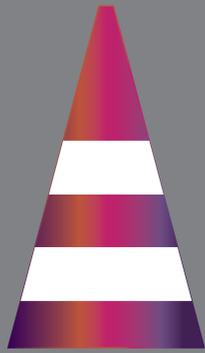
**1. POWER VERSE:** Colossians 2:6-7 *“And now, just as you accepted Christ Jesus as your Lord, you must continue to follow him. Let your roots grow down into him, and let your lives be built on him.”*

**What’s up: “I Gotta Build My Faith Every Day!”**

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:

Drive through some kind of construction zone with your kids. Tell your kids to pay attention to what they see when they pass. If you can’t actually see a project, ask your kids to think back to other construction areas they’ve seen before.



Q. How do you think they decide that an area needs to be worked on?

Q. What would happen if no one worked on an area that needed work?

Q. What does the work area usually look like? (It’s messy, it’s changed from the way it looked before, and it doesn’t look like it will eventually look when it’s finished.)

### 3. DISCUSSION:



Growing and changing for the better is always a choice, and it’s almost always hard work. One way to make it easier is to hang around people who are growing, too. “Construction Zone” people can inspire and encourage you when you’re struggling, and they’ll have some great ideas on how to accomplish your goal.

Q. How do you decide that an area in your life needs to be worked on?

Q. What would happen if you never worked on that area?

Q. What area in your life needs to be worked on?



### 4. PRAYER FOCUS

Pray with your children that God will help them with the area of their life they said needs work. Pray they’ll always keep growing in their faith.