

## **Baycities Lomita Winter/Spring 2020 Growth Groups**

### **Series: “UNSTUCK” Part 4**

### **Theme: “Stuck... On Fear”- Week of Feb. 9, 2020**

### **Follow-Up Bible Study and Discussion Questions**

**Summary:** Worry and fear... if it weren't for the voices in my head and the twisting in my stomach and the restless nights, worry wouldn't be so bad! (Ha!) Evert felt that way? Jesus and Paul both took on worry and gave us tracks to run on. To see that God is greater than our fears, and focusing on Him is key... yet we must see that God often brings a “Titus ”to the scene to give us the good news we're missing to make our worries and fears subside. Be sure the Word of God speaks to worry and fears! Let's jump in and see what we need to do to make worry manageable and bring our fears down to size!!

### **MY STORY**

**1. This weekend we heard that worry is something we all do and something most of us think we shouldn't do. Here's a list of some of the most common areas we worry about. Mark the ones you're prone to worry about.**

- Family concerns (kids, spouse, ex-spouse, siblings, parents, etc.)
- Job situation
- Financial challenges (paying the bills, college expenses, retirement, investments, etc.)
- Health issues
- Sudden tragedy (violence, accidents, natural disasters, etc.)
- Spiritual issues (for yourself and others)
- Relationship problems (friendships, dating, neighbors, etc.)
- Self-worth (insecurities, need for approval, peer pressure, etc.)
- Issues from your past
- Other: \_\_\_\_\_

As you think about the areas you're prone to worry about, are there any signs for you that you've moved from proactive concern to unhealthy anxiety?

**2. Ben mentioned that sometimes worry can be a good thing. Have you experienced times when worry has been a good thing for you? If so, explain?**

## **DIGGING DEEPER**

**1. We heard this weekend that part of worrying well is to develop the right kind of focus. In Philippians 4:4, Paul gives the Philippians advice on focusing when he twice tells them to “rejoice in the Lord always.” How might each of the following verses motivate you to include more rejoicing in your life?**

### **Romans 5:3-5**

<sup>3</sup> Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; <sup>4</sup> perseverance, character; and character, hope. <sup>5</sup> And hope does not put us to shame, because God’s love has been poured out into our hearts through the Holy Spirit, who has been given to us.

### **Matthew 5:11-12**

<sup>11</sup> “Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. <sup>12</sup> Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.

### **Luke 10:17-20**

<sup>17</sup> The seventy-two returned with joy and said, “Lord, even the demons submit to us in your name.” <sup>18</sup> He replied, “I saw Satan fall like lightning from heaven. <sup>19</sup> I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you. <sup>20</sup> However, do not rejoice that the spirits submit to you, but rejoice that your names are written in heaven.”

- a. Have you seen the practice of rejoicing help you or someone you know deal with unhealthy worry? In what ways?

**2. Jesus directly addressed the issue of worry in Luke 12:22-31. As you read the passage, jot down any reasons you see in it for not worrying.**

Luke 12: 22 Then Jesus said to his disciples: “Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. 23 For life is more than food, and the body more than clothes. 24 Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! 25 Who of you by worrying can add a single hour to your life? 26 Since you cannot do this very little thing, why do you worry about the rest? 27 “Consider how the wild flowers grow. They do not labor or spin. Yet I tell you, not even Solomon in all his splendor was dressed like one of these. 28 If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you—you of little faith! 29 And do not set your heart on what you will eat or drink; do not worry about it. 30 For the pagan world runs after all such things, and your Father knows that you need them. 31 But seek his kingdom, and these things will be given to you as well.

- a. If someone asked you to summarize what this passage says about worry in one sentence, what would you tell them?

3. Ben talked about the role prayer plays in dealing with worry. King David is an example of someone who often found himself in places that could easily cause anxiety and yet he responded by praying the right kind of prayers. He recorded several of these prayers in the Psalms. How do you see the principles of **“tell God exactly what you want”** and **“thank God for all he’s already done”** reflected in David’s prayers in Psalm 13 and in Psalm 77:1-15?

**a. Psalm 13**

O Lord, how long will you forget me? Forever? How long will you look the other way? 2 How long must I struggle with anguish in my soul, with sorrow in my heart every day? How long will my enemy have the upper hand? 3 Turn and answer me, O Lord my God! Restore the sparkle to my eyes, or I will die. 4 Don’t let my enemies gloat, saying, “We have defeated him!” Don’t let them rejoice at my downfall. 5 But I trust in your unfailing love. I will rejoice because you have rescued me. 6 I will sing to the Lord because he is good to me.

**b. Psalm 77:1-15**

I cry out to God; yes, I shout. Oh, that God would listen to me! 2 When I was in deep trouble, I searched for the Lord. All night long I prayed, with hands lifted toward heaven, but my soul was not comforted. 3 I think of God, and I moan, overwhelmed with longing for his help. 4 You don’t let me sleep. I am too distressed even to pray! 5 I think of the good old days, long since ended, 6 when my nights were filled with joyful songs. I search my soul and ponder the difference now. 7 Has the Lord rejected me forever? Will he never again be kind to me? 8 Is his unfailing love gone forever? Have his promises permanently failed? 9 Has God forgotten to be gracious? Has he slammed the door on his compassion? 10 And I said, “This is my fate; the Most High has turned his hand against me.” 11 But then I recall all you have done, O Lord; I remember your wonderful deeds of long ago. 12 They are constantly in my thoughts. I cannot stop thinking about your mighty works. 13 O God, your ways are holy. Is there any god as mighty as you? 14 You are the God of great wonders! You demonstrate your awesome power among the nations. 15 By your strong arm, you redeemed your people, the descendants of Jacob and Joseph.

- 9 Can you think of any ways David’s prayers could help you pray about the things that are causing you anxiety in your life right now? If so, explain?