

ON EDGE | PROTECTED BY PEACE

NOVEMBER 25, 2018

SERMON STUDY

Dive deeper into this week's message and passage from the Bible. Here are some questions to help you guide your group discussion.

All of us know what it is to experience anxiety and depression to some degree, but God promises his followers peace that passes understanding.

Read Philippians 4:6-7. Paul isn't telling us we should deny our feelings of anxiety or try to quit feeling them. Instead, he is saying in every situation and every time we feel anxiety, fear or depression, we should talk to God about it first.

- When you experience anxiety or concern about something, what is the first thing you do for help? Where does God fall on your list of people and things to seek for help?
- When you take every situation to God, every time, you develop a shared history with God, and shared history develops an incredible trust with God. Do you tend to only take certain situations to God, or do you take every situation to God? What are some ways you can start building a shared history with God, particularly when it comes to each of your anxieties?

Read John 8:44. When anxieties develop in your mind and heart, ask God "Why do I feel this way?" He will often uncover that we are being convinced of Satan's lies.

- Share about a time you have felt anxious or depressed because of lies you've been fed by our culture, the media, friends, or family.
- Romans 8:1 says there is no condemnation for those who belong to Christ Jesus. What are some ways you can get God's word deep in your heart and mind? Have you made reading the bible everyday a habit? Why or why not? How could you start that habit today? (Hint: Subscribe to Daily Bible Reading!)

Read Psalm 38:1-8. David's sin caused his body to feel bad. He needed to repent.

- Repent simply means to go a different way. If God is revealing any sin in your life of which you need to repent, what actions are you willing to take to turn from your sin and go a different way?
- Are you willing to bring your sin before God and repent, or is this something you struggle to do? How can our group help you in this?

Read Ecclesiastes 3:1-8, Matthew 11:28-29, Philippians 4:19, Revelation 21:4, and Romans 8:28. Each of us will walk through positive and negative seasons at various points in our lives. When we can't change the reality of the season we are in, we must remember what God has promised us!

- When you can't change your circumstances, what are some specific ways you can remind yourself of God's promises? Which of God's promises do you need to hold onto right now?

REFLECT

What is God saying to you through his word? What are you going to do about it, and when?

DAILY BIBLE READING

Here's an overview of what we're being challenged with this week in Daily Bible Reading:

Day One: Philippians 4:6-7 | Present your requests.

Day Two: Philippians 4:6 | Shared history with God.

Day Three: Ecclesiastes 3:1-8 | Out of control.

Day Four: John 8:44, Psalm 38:4, and Psalm 51:17 | Why do I feel this way?

Day Five: Philippians 4:7 | The right answers.