

SHIFT

Part 1 – Fear, Anxiety, Worry

- Everything about our faith is directly linked to JOYFUL LIVING
 - Fear, Anxiety, and Worry KIDNAP us away from joyful living
 - Three Steps to SHIFT my heart back to joyful living
- 1) PURIFY my Heart – acknowledging where I’m at right now
- **Admit** where my heart is currently at
 - ▶ The REALITY of the situation
 - ▶ Am I giving this issue an IMPROPER place
 - **Confess** that where I’m at is not a good place
 - ▶ My heart is carried away into a SINFUL response
 - ▶ My lack of TRUST in God’s goodness, purpose, and control
- 2) Adjusting my PERSPECTIVE – put the situation into its rightful place and size
- This life is TEMPORARY
 - ▶ We are PILGRIMS here, passing through
 - ▶ Any loss, pain, position is MOMENTARY
 - God is GREATER than your situation
 - ▶ He is in **control** but also constantly monitors your LEVELS
 - ▶ His purpose is TRANSFORMATION, not simply **resolution**
- 3) PRACTICE Joyfulness
- PURSUE His peace – personal time in the **Word** and **prayer**
 - Express PRAISE – open the gate to **joyfulness** Acts 16:22-25
 - Connect with PEOPLE – gather with spiritually healthy people for **praise** and **prayer**

Auburn Grace Community Church – January 10th, 2021

Life Group Questions – January 10th, 2021

Philippians 4:6-7, ‘Do not be anxious about anything, but in everything by prayer and pleading with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and minds in Christ Jesus.’

PURIFY

1. In all areas of life, worry or fear can become a great distraction. Worry can affect everything, whether it is health, finances, jobs or relationships. What is one area you tend to worry about the most and why?
2. What are some things you can do to curtail being carried away into a fearful response? Why is living in fear a sinful reaction to trying circumstances?

PERSPECTIVE

1. Read Matthew 6:25-34. Which of Jesus’ statements stand out to you the most in this passage? What areas of life does Jesus say not worry about? What do you think of the alternative to worry Jesus gives in verse 33?
2. Read 1 Corinthians 15:55-57. How does Christ’s victory over death help us overcome our fears?
3. How does dwelling on our yesterdays and tomorrows undermine our commitment to living for Christ today?

PRACTICE

1. Read Philippians 4:6-9. Where do you see the essence of Jesus’ character in this passage? What are we to first meditate on and then put into practice? What happens to us when we do these things? Explain.
2. What can you do or say to someone who says, “You’ve not been through what I have been through, so you don’t understand?”
3. What would change if you truly trusted God with every detail of your life?

PRAISE and PRAYER

1. What is one fear or worry you need to let go of and give to God in prayer?
2. How are you doing at praying when you find yourself battling anxiety? (see Philippians 4:6-7)
3. As a group, spend a few minutes praising the faithfulness of God, going around the room, with each person saying something like, “God, You were/are faithful to me when ____.”
4. Play 2-3 praise songs from a CD. Have the lyrics available to all.