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# GROWING CLOSER TO GOD

## By Overcoming Anxiety

Message by Pastor Kevin Cavanaugh  
Cedar Grove Church | March 19, 2017

## LEADER'S STUDY GUIDE



**WATCH FOR LEADER'S TIPS**

## Getting to Know One Another

- **I Get Anxious When:** driving, flying, swimming, in groups, talking, writing, reading, sports, games, speaking with the opposite sex ... other?
- **When I Get Anxious I Will:** talk fast, bite my nails, snap, withdraw, hide, say dumb things, do dumb things, twitch, get knots in my stomach ... other?

## GROWING CLOSER TO GOD BY OVERCOMING ANXIETY

### ▶ What's God's track record?

Genesis 16:4-31

- God **literally** gave over 1 million people their daily bread, as well as meat to eat for forty straight years.
- God says, "Don't **worry**," He's not saying, "Don't **work!**" God's call to trust Him is not an invitation to just be lazy.

- God wants us to learn to look to Him and trust Him **every day** of our lives.

*"Don't be anxious about tomorrow. God will take care of your tomorrow too. Live one day at a time." Matthew 6:34 (LB)*

God will take care of your **tomorrow**.

*"Each day has enough trouble of its own!" Matthew 6:44 (NIV)*

- Maybe you ought to give Him a chance to **supply it** before you go out and buy it.
- Maybe you ought to **pray for it** before you pay for it.



## Having A Plan to Overcome Anxieties

### 1. Start a **PETITION!**

*6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7*

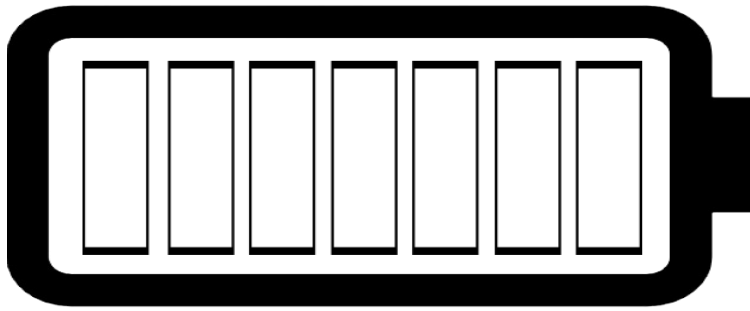
### 2. **INSIST** on an Attitude of Gratitude!

*give thanks in all circumstances; for this is God's will for you in Christ Jesus. 1 Thessalonians 5:18*

3. **REFUSE** to borrow trouble from Tomorrow!  
“... *God will take care of your tomorrow too.*”  
Matthew 6:34 (LB)
  
4. **FOCUS** only on living Today!  
“... *Live one day at a time.*” Matthew 6:34 (LB)

## DISCUSSION QUESTIONS

1. To start off by getting real about the level of charge in our spiritual batteries right now. The gauge is simple: We are going to base it on daily bible reading. A full battery is a 7, an empty battery is zero. Shade in the chart in your booklet according to how many days you've read the bible in the last 7.



If you're 0-3, Empty to Low try to discern what lies and or preoccupations Satan is feeding you to keep you from God's book?

If you are in the 4-6, Medium to High range what one or two simple changes could you make in habits or schedule to consistently help bring your faith to a full daily charge?



Leaders, have your group pair up for these questions.

## 2. When I worry, I tend to worry most about ...

- My future
- My Past
- My Present

## 3. The categories I find myself worry/anxious about most often are ...

- Money
- Marriage/Family
- Relationships
- Work
- Health
- Church
- World Events (terrorism, social changes, moral changes, end times)
- Other

# APPLICATION

## STOP & PRAY | Create a Petition

Take the thing that you most often find yourself worrying or anxious about and describe it in a written statement (one or two paragraphs). Read it to your partner, ask them if it is clear?



Once pairs have finished ask if 2-3 people would read what they have written.

- **Practicing Gratitude!** Confess as many things as you can think of to be thankful for that worry/anxiety.
- **Practice Forgetting The Future!** What is coming up in your life over the next days, weeks, or months that you are finding yourself anxious/worried about? You've heard of name it and claim it. We are going to Name it and Release it! Ask God to forgive you for taking control and worrying rather than giving up control to Him. Tell Him you know He's got your back and that He will help you face whatever it is, when it comes.



Ask the group, if anyone is having a harder time letting go of something that is coming up if they want to let the group in on it so that you can all rally around them in prayer and confidentiality.



If there is still time have them actually work on these three questions. If you are out of time ask them to start the day tomorrow with these three questions.



**Close by praying for the group.**

- **Practicing Living One Day at a Time!** The simplest way to do this is to stay focused on answering these three questions:
  1. What do I need God to help me with Today?
  2. What do I need to ask Forgiveness for Today?
  3. Who do I need to Forgive Today?

## NOTES