

September 21 & 22, 2019 | Internal Enemies – Week 3
Group Discussion Questions

GROUP PREP

In preparation for group, read and meditate on Matthew 6:25-34 & listen to Emmanuel's Weekend Services message, then answer the following discussion questions.

INTRODUCTION

There are adversaries inside of us that will do way more damage than anything outside of us; one of which is anxiety. People struggling with anxiety report that it interferes with their appetite, sleep, job performance, and places stress on their relationships with others. But studies show 85% of the negative things we worry about never actually happen. How do we overcome this internal adversary?

DISCUSSION QUESTIONS

1. Although 85% of the negative thoughts that cause us anxiety never actually happen, we still ask the "what if" questions? What are some of your "what ifs" – the worries that rattle around in your head?

Describe the difference between anxiety and concern. Read Psalm 55:22 and 1 Peter 5:6-8. Is worry sinful? Why or why not?

2. On a scale of 1-10, what is your level of anxiety?

After reading Matthew 6:25-34. What is at the root of your worry? For what reasons would God ask us to overcome anxiety?

Read Philippians 4:6-7. How is it possible to not be anxious about anything?

3. It is possible to overcome anxiety, but it takes practice.

- God is competent. How do we build trust in the competence of God?
- God is good. How do we build trust in the goodness of God?
- God is sovereign. What does sovereign mean? How do we build trust in the sovereignty of God?

When anxiety attacks, which of the above will help you overcome anxiety and why?

ACTION STEP

4. God is competent, God is good, and God is in control. Read Isaiah 26:3. What changes in your life do you foresee happening when you live with a faith in God that restricts anxiety?

What practices will you put in place this coming week to overcome the internal adversary of anxiety?

OUTREACH: GROUPS IN ACTION

COMMUNITY BAGS: By the exits in the lobby, you'll find metal bins filled with bags. Attached to those bags are lists of needs that Emmanuel's local, nonprofit partnerships have. Pick up a bag, fill it with the listed items, bring it back next weekend and drop it off in the metal bin. Emmanuel will distribute your donated items.

ENCOURAGE OUR TEAM WORLD VISION RUNNERS: Many individuals at Emmanuel have stepped up to raise money for children in 3rd world nations to have clean water by running the Indy Monumental marathon. Schedule a Saturday morning to come cheer on the Team World Vision members that are training for the run and provide them light snacks and water when they finish training.

To find out more details about these projects or other ways your group can serve together in our community, email Breanne Schafer at ***bschafer@eclife.org***

FILL IN THE BLANKS BELOW FOR THIS UPCOMING WEEK'S ACTION STEPS.

My action step is _____.

This coming week, I will encourage _____ to complete their action step.

Their action step is _____.

My memory verse is _____.

This coming week, I will pray for the group's following prayer requests:

_____	_____
_____	_____
_____	_____
_____	_____