

# GoDeeper



CONTINUE THE CONVERSATION WITH YOUR SMALL GROUP, FAMILY, OR IN YOUR PERSONAL BIBLE STUDY TIME.

Is That You God? | Part 5 | Pastor Josh Bradley | 08.30. 2020  
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## ANXIETY vs PEACE

The bible says that anxiety in a person causes depression (Proverbs 12:25). So, there are many of you out there that are trapped, chained, and fearful, living every day in a cloud of depression caused by anxiety. Some of you have come to church for years and have heard about peace and joy, but you're starting to grow cynical about what the bible promises. Do you live in peace? Are you content with your life? If not, why?

Memory Verse: **Philippians 4:6-7(NIV)** *“6 Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”*

The Bible is either all truth...or it's a lie. If you say that something in the Bible is not true for YOU, then the Bible is a lie, right? Do you agree? If you believe the bible is the truth, then do you believe that anxiety can be conquered?

So, how is anxiety conquered? Discuss the 6 things the bible says to do (as taken from Philippians 4, vs 4 – 9):

1. Rejoice always. Recognize that He is in control, that He loves you, and He is with you, always. When you do that, you can start to rejoice – to be calmly happy, to be content with who you are and how God made you.
2. Let the Lord fight your battles. Give them to him. How do you do that? See #3 below...
3. Pray about your battles. Be specific.
4. When you start to do these things, then you find some peace. You start to have unity with the God of Peace, and an added extra bonus of safety.
5. Set your mind on the things that Paul lists – things that are true. Things that uplift. Things that bring life.
6. Repeat numbers 1 through 5. Paul says you have to practice these things.

Anxiety doesn't have to defeat you. Trust in God. Trust that He has a plan for you, and TRUST THAT PLAN! This plan does not include anxiety. In fact, God's word says the opposite. God's plan is for you to have peace that surpasses all understanding.

Now, not all stories have the ending we hope for, in our will. But if you conform your will to God's, then all of your stories can have a happy ending, no matter the outcome. Do you believe that?

Let's Pray