



Perfect Peace

When Anxiety Attacks

Sermon Recap

Conversation Starters:

- What causes anxiety for you?
- Where do you find your focus is primarily directed during times of stress and anxiety?
- What are some things we can do to help us focus upon Christ during turbulent times?

Ask your group members to share their favorite points from the sermon, what stood out to them, a phrase or moment from the sermon they related to the most, or questions they have. If your members have a hard time remembering, share your notes and favorite points.

Reflect:

- 1.) Read [Isaiah 26:3](#) NLT and [Philippians 4:4-6](#) NIV: Where and in what do you find you place your trust most firmly in? Where and in what do you find your thoughts being most fixed upon during times of stress? How often do you truly rejoice in the Lord? How often would you say you're truly "near" the Lord? Now that you've made these assessments, what is God directing you to do relating to "each" of them?
- 2.) Pastor Jason identified four stages of anxiety and where anxiety can resonate from within us: Your **Thoughts** – [Romans 12:2](#) NLT, Your **Body** – [Matthew 6:27](#) ESV, Your **Spirit** – [2nd Timothy 1:7](#) NKJV, and Your **Relationships** [Psalm 37:8](#) NIV. Pastor Jason said "Expect **less** from people and **get more** from God." Our brains don't know the difference between a real attack and a fake one. **How can you better process attacks in each of the four areas above? How can we expect less from people so we can get more from God? How much preparation do you think is required to effectively flow through a battle when it comes? How should we handle fake attacks?**
- 3.) Pastor Jason gave three actions we can take when anxiety attacks: 1.) Don't **drop your guard** – [Philippians 4:6-7](#) NIV. (Anxiety is a signal to **Pray** and **Praise**. Interrupt anxiety through **Prayer** and **Praise** which are the pathway to **Peace**.) 2.) Redirect your **thinking** - [Philippians 4:8](#) NIV. 3.) Get **under cover** – [1st Peter 5:5-7](#) NIV and [1st Peter 5:8-9](#) CEV. **Are you responding spiritually or emotionally to the signals you're getting? How should we be redirecting our thinking? How do we get under cover? When we have a posture of gratitude, what effect does that have on anxiety and stress?**

Pastor Jason encouraged us not to fight through anxiety, rather to flow through it. **How does flowing through anxiety over fighting with it speak to you? Who should be the most important person in our lives at all times? What weight are you carrying that you were never intended to carry?**



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What happens when we argue with lies or meditate upon the negatives?

- 12 minutes of daily prayer over eight weeks changes a mind. **What are your thoughts on this life changing and mind renewing truth?** (Prayer literally changes the chemistry of your brain)

Apply It:

We have but to renew our minds in the truth of God's Word and follow His Way. Getting ourselves out of the way so we can follow Him is one of our biggest hurdles. Identify where you're getting in your own way. Identify the lie so you can live and speak God's truth over it. More times than not, our biggest problems are not the situation, events, or stresses we may be experiencing, it's US! Train to get yourself out of the way so God's Way can prevail.

Prayer Requests and Closing Prayer:

Ask your group members if they have a prayer request. Write them down and continue to pray for them during the week.

Father Your Word and instruction are priceless. Your Word is the Way, the Truth, and the Life. Help us identify where we need to trust You more and break any agreements we've made with the enemy. When we accept lies and live in deception we can become bound by them. When we see the truth and live the truth, we are set free. Your Word sets us free. "It is finished." Help us trust You more so we can follow You fully, in Christ we pray, amen.