

## SERMON DISCUSSION GUIDE



OCTOBER 3, 2021

### ICEBREAKERS

- How did the "no complaining" agreement go last week?  
Abe mentioned a few funny things that can evoke fear in us:  
Your birthday – getting a real phone call – choosing a Netflix show – Sunday nights -  
Tinder and Bumble
- Can you related to any of these? Or, what is your funny fear trigger?

### QUESTION

- How would you seriously answer the question: "What makes you anxious?" ([Job](#), [health](#), [finances](#), [marriage](#), [family](#), [kids](#), [parents](#), [boss](#), [health](#), etc.)

### READ

Psalm 139:19-24

### QUESTIONS

- Who is talking to who here? ([David to God](#))
- What is the tone? What shifts in the conversation? ([David doesn't blame his anxiety on anyone else – he wants to take responsibility for it](#))

**Abe shared a three part "anxiety diagnostic"...**

## 1. I'm anxious because: I lack integrity...

### READ

Psalm 25:20-21

### QUESTIONS

- How would you define integrity? (whole and undivided...)
- How does compromised character create anxiety? (shame, guilt, fear of getting found out)

## 2. I'm anxious because: I lack inspiration...

### READ

Psalm 42:4

### QUESTIONS

- How would you define inspiration?
- What is the difference between motivation and inspiration? Give some examples of each. (Motivation uses external factors to get you to a desired outcome - ex: bonus at work. It does nothing for your soul and produces anxiety because it may or may not work out the way it was promised (because it's based on external circumstances). Inspiration challenges or encourages your heart and soul)
- How can being in community be a source of inspiration?
- Based on these definitions, give an example of how someone has inspired you.

## 3. I'm anxious because: I lack intimacy...

### READ

Psalm 42:1-2

### QUESTIONS

- What is intimacy with God? What is it for you?
- What robs us of intimacy with God?
- Abe challenged us to take our complaints to God. Have you ever "complained" to God and asked Him to help you shift in your spirit? What happened?
- What could you do different to carve out time for intimacy with Him?

**PRAYER:** God help us be more aware of what is behind our anxious feelings this week. Give us courage to own our anxiety as we trust you. In Jesus' Name – Amen.