

## SERMON DISCUSSION GUIDE



OCTOBER 10, 2021

### ICEBREAKER

- Did you complain to God about anything this week as Abe suggested?
- Who will win the World Series? Share everyone's favorite sport/team.

### QUESTION

- What is your personal definition of peace? What brings you peace? Is there a certain place that brings a sense of peace to you?

### READ

John 16:33 and Luke 9:33

### QUESTIONS

- When we "deny ourselves" what are we doing? ([Trusting God for the outcomes, saying God is in control, choosing to follow God instead of ourselves](#))
- How does control or the lack of it lead to anxiety?

### READ

1 Peter 5:7

## QUESTIONS

- In what area of your life is it most challenging to take a back seat?

## READ

2 Corinthians 10:5 and Habakkuk 3:17-18

## QUESTIONS – Patrick mentioned that when we are anxious we begin to ask things like: Is this beyond God? Will God be there for me?

- What role does our thought life play in dealing with anxiety? (*Anxiety begins and lives on in our thoughts; we often don't know the whole story – just our own understanding of it*)
- Why is hope so important in the midst of difficulty? What does the hope of God give us when things are hard? (*Perspective. And it's a reminder that He is good, that He sees us and our situation, and He will use these things for our good as we put our faith in Him*)

## READ

Proverbs 3:5-6

## QUESTIONS

- What does it mean to submit to God?
- How are trusting and submitting to God similar? How are they related in following God's will for our lives?
- What could you submit to God this week and trust Him for the outcome?

**PRAYER:** God help us be more aware of how our thoughts are driving our anxiety. Give us the courage and strength to submit our concerns to you and listen for whatever next step you have for us. In Jesus' Name – Amen.

## LEADERS:

This is the last of our series on Keep Calm and Carry On. There is an awesome blog on anxiety written by our counseling partner Jennifer Webster at [rpc.me/blog](http://rpc.me/blog) – please refer your group to it.

Fall Fest is coming up at your campuses. This is designed for you to have an easy invite for a friend or neighbor. Please go to [rpc.me/events](http://rpc.me/events) for details.

Our next baptism is 11/7. Encourage those who haven't been baptized to sign up.