



The Weapon of Anxiety | Ronnie Johnson | 4.5.20

Weekly Study

## START

To get things started, go around the circle and answer the following question:

**What is one new thing you've learned (or want to learn) during this time of social distancing?**

## SHARE

Welcome to Group! You may not be in the same room, but how amazing is it that we can still meet together through technology? This may have been another difficult week for you and your Group, so take some time to see how everyone is feeling about the COVID-19 by answering these questions.

**What was the most challenging part of this week for you?**

**What is one positive thing that has come out of this experience that you weren't expecting?**

**What has been the hardest part of social distancing for you?**

**What are three words you would use to describe how you've felt this week? Why did you pick those words?**

**Take some time to pray for our world.**

- **Pray for those who feel lonely.**
- **Pray for provision for those who have lost work.**
- **Pray for wisdom for those who are sick.**

G R O W

**Read John 16:31-33**

**What does this passage mean to you during this pandemic?**

**What does it look like to "seek first the Kingdom"?**

This week Ronnie talked about having peace in the middle of our troubles. As followers of Jesus, challenges should not surprise us. In the passage you just read, Jesus reminds us, "in this world you will have trouble. But take heart! I have overcome the world" (John 16:33). The Good News (Gospel) is not that God will *remove* all the obstacles in our way; the good news is that God has *overcome* all the obstacles in our way!

When we forget that we serve a God who has overcome the world, we tend to let our troubles dictate our mood. The problem is not that we have trouble in our lives. The problem is that we allow those troubles to create anxiety.

This week Ronnie shared a quote from Ronald Rolheiser that can help significantly. Let's reread it together:

*“It is not that we have anything against God, depth, and spirit, we would like these, it is just that we are habitually too preoccupied to have any of these show up on our radar screens. We are more busy than bad, more distracted than nonspiritual...pathological busyness, distraction, and restlessness are major blocks today within our spiritual lives.”*

**What stuck out to you about this quote? Why?**

**Have you ever experienced busyness, distraction, or restlessness blocking your spiritual growth? Which one?**

**What is one way you can take advantage of “shelter in place” this week to strengthen your soul?**

M O V E

**Read Philippians 4:1-7**

**What is your initial reaction to this passage?**

**Which verse stuck out to you the most? Why?**

In this passage, Paul gives us an amazing invitation to set aside our worry. We need to hear his words now, in the middle of a global pandemic, more than ever. However, when worry is all around us, being at peace is easier said than done. So, what’s the secret to staying at peace in the middle of the storm?

The answer is prayer. Paul doesn’t just tell us to stop worrying. Instead, he invites us to trade our worry in for prayer.

*“Don’t worry about anything; instead, pray about everything.” (Philippians 4:6)*

Notice it’s a two-part invitation. The first part (don't worry about anything) may feel impossible until you understand the second part. Paul doesn’t tell us to stuff our fears and anxieties down and pretend like they don’t exist. He tells us the opposite. He invites us to talk to God about every single thing that is making us anxious.

We have a loving Father who wants to hear us process everything with Him. When we get this second part down, we will naturally find ourselves letting go of worry.

This is the secret to having peace in the middle of the storm! So, let’s practice it together with this week’s Take-Home Assignment.

**Take-Home Assignment: Pray About Everything**

*Don’t worry about anything; instead, pray about everything.*

**Write Philippians 4:6 out and put it somewhere you will see it frequently (steering wheel, mirror, desktop, wallpaper on your phone, etc.). Every time you start worrying about anything (big or small), take a few minutes to stop and pray. If you are stressing out about a lot of things right now, stop seeing stress as an obstacle and start viewing it as an opportunity to trade your worry in for prayer!**

**Notice how your mood begins to change throughout this week as you start doing this Take-Home Assignment.**

**P R A Y**

We need prayer now more than ever. Spend some time sharing prayer requests. If you are in a coed group, consider breaking off into two separate calls to share more freely.

TO GO

*What, then, shall we say in response to these things? If God is for us, who can be against us?*

- **Romans 8:31**