



It's Time for Freedom | Shawn Johnson | 2.13.21
Weekly Study

START

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

Name three people who have had the biggest influence on your life. Why did you pick those three people?

SHARE

Welcome back to Group! This week, we kicked off our brand-new series called, *Attacking Anxiety*. This series is based on Shawn's brand-new book, where he gives us an honest look into his journey with anxiety and depression. He tells the story of a breaking point he reached two and a half years ago that led to several weeks of inpatient therapy followed by hundreds of hours sitting with professionals, pastors, and loved ones, getting healthy.

Here's what he learned along the way: We don't have to just deal with depression and let anxiety attack. Through the powerful name of Jesus, we can learn to attack back!

But before we dive in, take a few minutes to check in with your Group by answering the following questions.

What is one word you would use to describe how you are currently feeling? Why did you choose that word?

What was the most challenging part of your week?

What was the highlight of your week?

G R O W

Read Galatians 5:1-12

What is one word you would use to describe how you are feeling about this new series? Nervous? Excited? Anxious? Confused? Why did you choose that word?

What is one thing that stuck out to you about Galatians 5?

In Galatians 5, the Apostle Paul teaches us how to live free. He begins the chapter with a profound statement, "It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery" (Galatians 5:1).

As Shawn reminded us of this week, there is a big difference between being set free and learning to live free. When we put our faith in Jesus, we are set free from our sins. At that moment, our sins are forgiven. As Paul reminds us, "Therefore, there is now no condemnation for those who are in Christ Jesus" (Romans 8:1).

However, just because we have been set free doesn't mean we know how to live free. We may know we've been set free eternally by what Jesus did for us and still be unable to live free and actually walk in the very peace, joy, and confidence that we've been given. But remember, God didn't just set us free from something; he set us free to something!

This series is about learning how to walk in the freedom God already gave us!

Can you resonate with Shawn's story? Have you ever experienced what it's like to know you are set free but feel unable to live free?

M O V E

Read Romans 15:13

This week, Shawn reminded us of three essential truths that we have to know:

1. You're not crazy!
2. You're not alone!
3. This will end!

You're Not Crazy

Anxiety and depression are real. As Shawn reminded us of this week, 1 in 5 people will experience mental illness this year. You're not crazy—it's not just you. You are surrounded by other people who are going through the same struggle.

Jesus never promised us that everything was going to be easy. However, he did promise to stay with us in the middle of the battle. He once reminded his disciples, "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world" (John 16:33).

Have you ever experienced anxiety or depression in your life? If so, tell the Group about it.

You're not alone!

At Red Rocks, we are a family—we are all in this together.

As Shawn reminded us of this week, our church is not a country club; it's a hospital. It's not for people who think they have it all together; it's for people who know we need a Savior. That's why we say every week that we are just a bunch of imperfect people pursuing a perfect God!

That's why it's so vital that you continue to meet together as a Group and continue to get real and honest about your struggles.

Everyone experiences tough times, even the Apostle Paul. Check out what he wrote in 2 Corinthians 1:8, "We do not want you to be uninformed, brothers and sisters, about the troubles we experienced in the province of Asia. We were under great pressure, far beyond our ability to endure, so that we despaired of life itself" (2 Corinthians 1:8).

If the Apostle Paul had some tough days, we shouldn't be surprised when we struggle. You are not alone!

This Will End

Most importantly, your struggle may be real, but it is not the end of your story. Read Romans 15:13 together: "May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."

Romans 15:13 is what we believe you will experience during this series. Take a few minutes to get ready for the rest of Attacking Anxiety by answering these final questions.

Do you believe the joy and peace that Paul talks about in Romans 15:13 is possible for you? Why or why not?

Do you have any loved ones who struggle with anxiety or depression? What are some of the ways you've learned to help them through whatever they are struggling with?

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 groups (or calls if you are an online group) to share more freely.

T O G O

"When the angel of the LORD appeared to Gideon, he said, "The LORD is with you, mighty warrior" - Judges 6:12