



Final Thoughts | Shawn Johnson | 03.20.22

Weekly Study

START

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

Who was your greatest your role model growing up?

SHARE

Welcome back to group! This week Shawn closes out our series, *Attacking Anxiety*, with some final thoughts where he gives us an honest look into his journey with anxiety and depression. Throughout this series we were reminded that we are not crazy, we are not alone, and this is not the end of the story. God's Story is much greater than whatever we can think or imagine. Let us hold onto this hope as we navigate life together!

Before we jump in, check in with each other by asking one of these questions:

Where did you see God in this week?

What is one way you were able to share in the work God is doing around you?

GROW

Read Matthew 6:19-34

In this Scripture, what three commands do you see Jesus giving? How do these relate?

Reflect on Shawn's message correlating with this passage. What can we learn from what Jesus is saying?

Jesus wants more than anything for us to live abundantly (John 10:10), free from anxiety, seeking his kingdom and laying up treasure in heaven and not on earth. God is in the midst of his creation sustaining it by his power. When we look at nature, we can see not only his creativity but also his sustaining presence. This is something so powerful we can embrace for ourselves. God has not created us to live by ourselves, isolated from his power and presence. God is with us every step of this journey. And God is not ignorant or indifferent to our needs. God is aware of the needs of both our soul and body. This is where we can trust that he sees us, and he is with us.

The invitation is to deeply know our Father God and to rest assured that "he who began a good work in you will carry it on to completion until the day of Christ Jesus" (Phil. 1:6). Just as Shawn said this week, God is reminding us that this is not the end of the story. He has much more ahead, so let us live abundantly believing that God is who he says he is and will do what he says he will do. He loves us so much that he sacrificed his only son so that we may know him, may we live out of this love today and the days to come. This changes everything.

Where are you struggling to believe God in this moment?

How does this passage that we read comfort you in this season?

M O V E

Read Job 2:13; Ecclesiastes 4:9-10; Galatians 6:2

We were not meant to live life alone but the tendency to isolate alluring at times especially during seasons of heart ache and pain. We see it at the very beginning of The Story with Adam and Eve. Adam and Eve lived in perfect unity with God the Father, the Son and Holy Spirit. Because of the human depravity we cannot begin to imagine what it was like before sin bled into the world. Because of Adam and Eve's disobedience to God (read Genesis 1-3) this changed everything. Shame filled their hearts, and they hid. Shame isolates, yet God beckons

us to him just as he did in the Garden. He doesn't allow us to stay hidden because he is the better way. He is freedom. He is forgiveness. He is hope and shame keeps us from all of that.

Tell of a time when you experienced shame and God called you out of that? What did you experience?

This week Shawn reminded us that we are all broken and that we live in a broken world. Jesus is the one who is putting all things back together, making all things whole again (see Hebrews 13:20-21). God knows our brokenness and it grieves his heart deeply to see his people suffer, this is why he calls us back to himself, the author and perfecter of our faith (Hebrews 12:2).

We first need Jesus, but we also have the gift of each other. God created relationship so we do not navigate life alone. We see this in Job. Job was suffering and his friends showed up and sat with him in the dirt for seven days! We see in the story of Ruth. Naomi and Ruth lost everything. And Naomi released Ruth from staying with her, but she was committed to the journey of not going anywhere without her. The Bible is filled with these stories as God is constantly reminding us that we do not have to do this life alone.

Who is in your life that is going to war with you? Who is sitting in the dust with you?

Who are you going to war with? Who are you sitting in the dust beside?

You see, we need each other. When we isolate and hide, we miss out from living the story God has for us. He is a comeback God. His redemption and grace are more precious than gold itself. Relationships and community are all a part of God's Story, and it takes courage to invite people into our lives but take God at his Word and invite someone in, you'll be better because of it.

Who in your life needs to know what you have been experiencing?

What is one practical way you can take a step to this invitation this week?

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

"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