



Anxiety Doesn't Get To Win | Shawn Johnson | 09.16.2023

Weekly Study

## SHARE

During week two of Alive & Free, Pastor Shawn made a bold proclamation against one of the things that plagues far too many of our lives: anxiety and depression. In his message *Anxiety Doesn't Get To Win*, Shawn reminded us that the greatest way to kill the things that are killing us is by relying on the strength of our God and the power of his promise.

**Who is someone in your life that you're grateful for and why?**

**What's your dream? What is the biggest thing you're hoping to accomplish in the next month, year, couple of years?**

**How is God speaking to you in this season of life? What are you learning about your faith?**

## GROW

**Read Deuteronomy 20:1-4 ([click to read verse](#))**

God never promised us that life would be easy, but he did promise that he would never leave us or forsake us (Heb 13:5). Shawn reminds us that there are a few important things to lean into if we're ever going to claim victory over the things that keep us from experiencing life and life to the full:

- 1) We have to acknowledge that we're in a war. Acknowledging something exists and naming it takes its power away.
- 2) We have to be willing to fight. The enemy makes us think that fighting isn't an option but when we invite God into our situation he fights our battles with us, being our strength through our weakness.
- 3) We have to enlist an army. One of the most powerful lies of the enemy that we allow ourselves to hear is that we're alone, that no one would understand what we're going through, and no one would stand next to us and help us fight.

- 4) The battle begins in the presence of God. Through our prayer, through our worship, through our surrender, and through our action - God begins to move as we begin to cry out for his presence in our situation.

**What are three big takeaways from this passage?**

**Think about a situation you are dealing with currently. How many of the 4 tips from above have you embraced? Which ones are missing? Why?**

**When problems come, does your mind tend to be consumed by the bigness of the problem or the bigness of God? Explain your answer.**

M O V E

**Read Ephesians 6:10-18 (click to read verse)**

When you're not prepared to deal with anything, everything will try to take a shot at you. But when you're prepared for the greatest of battles, the little battles are all but unnoticeable and the large ones seem more manageable. The question isn't, "will a battle come?" The question is, "When the battle comes, will you be equipped to deal with it?" One of the best ways to equip yourself for battle is to put on the armor of God.

**Do you feel like the enemy is attacking your weak spots or your strong spots? Why?**

**What piece(s) of God's armor are you missing? Where are you most exposed to attack right now?**

**What kind of prayers and requests have you been making recently? What do your prayers/requests say about what you believe about God?**

**How do you need your group to fight for you this week? Be honest. They can only go to war with you if they know what to fight. How can they pray for you, show up for you, encourage you, and lift you up?**

P R A Y

God, thank you for helping so many people find a community of believers to do life with as we launched groups at all of our campuses. We know that you always intended for us to do life with you and with others, but never alone so we thank you. We pray that life transformation takes place in all of the new groups that just began and that your Spirit can be felt, and we pray that you continue to bring life and new vision to the groups that have been around for a while. God, will you move in our city in a way we've never seen before? Will you remind us each day through the big things and the small to keep our eyes fixed on you so we can express our gratitude for your faithfulness, seek your loving presence in the midst of heartache, and glorify your name in every situation. Will you transform our hearts in such a mighty way that people who don't know you begin to become curious about who you are through our faithful obedience? Will you call us to a higher level of loving discipleship and challenge us in new ways. God, we love you, we thank you, and we can't wait to see how you move through each and every group.

## RESOURCES

### \*\*\*\*CRISIS RESOURCES\*\*\*\*

If you or anyone you know needs help finding support or crisis resources, please check out the resources below. Tell a friend or loved one what you're going through, reach out to a pastor, and invite your community to fight with you. YOU ARE NOT ALONE, SO DON'T FIGHT ALONE.

#### **1. Call or Text 988 National Suicide & Crisis Lifeline (click to visit website)**

- 988 is the 24/7 National Suicide & Crisis Lifeline as of July 2022. Their staff is trained in mental health and crisis support and can direct you to the resources you need to get help. You can call, text, or chat online at [988lifeline.org](https://988lifeline.org)

#### **2. Safe2Tell.org (Colorado Youth/School Resource) (click to visit website)**

- EVERY SINGLE COLORADO PARENT AND STUDENT (K-12) NEEDS TO KNOW ABOUT THIS! IT COULD SAVE A CHILD'S LIFE.
- You can report anything related to school and youth safety/mental health where your desire is to protect, prevent, or help. If it's not a Safe2Tell matter, we will refer you to the appropriate resource if needed. Reports are completely anonymous and will be directed to the appropriate school and/or law enforcement. If your student's friend shares that they've been having suicidal thoughts and your child doesn't know what to do; if they see a social media post that includes life-threatening language towards themselves or others; if your student overhears a conversation about plans to attack or harm the school, they can fill out a Safe2Tell report.

#### **3. [Redrockchurch.com/resources](https://redrockchurch.com/resources) (click to visit website)**

- Our Cares Ministry has put together a resource page that includes resources that meet a variety of needs. Please check out our resource page and reach out if you need assistance.