

Hope Chapel Series - *Living Beyond Our Setbacks*, part 6

Message Summary: Today's enemy is winning in a lot of people's lives. This enemy is anxiety. Everyone experiences anxiety at some level. Sometimes it is short-lived while other times it is a constant daily battle. The data though, shows that anxiety is a common experience in our culture today. We obviously have a problem. Follow along today as we learn 5 ways to begin living beyond anxiety in your life.

Living beyond Anxiety

1. We fight anxiety with a healthy lifestyle - Psalm 127:2

- A. Lifestyle practice of rest.**
- B. Lifestyle choice of exercise.**

2. We fight anxiety with prayer - Philippians 4:6-7

- A. Pray honestly.**
- B. Pray comprehensively**
- C. Pray personally.**
- D. Pray dependently.**
- E. Pray consistently.**

3. We fight anxiety with gratitude - Philippians 4:6

- A. Practice gratitude in your praying.**
- B. Practice gratitude in your conversations with others.**
- C. Practice gratitude when you feel anxious.**

4. We fight anxiety with right thinking - Philippians 4:8

- A. Right thinking embraces choices.**
- B. Limit exposure to what creates anxiety.**
- C. Increase exposure to right thinking.**

5. We fight anxiety with consistency - Philippians 4:9

- A. Decide to change your life.**
- B. Double Up with others to make life changes.**
- C. Depend on God for the changes.**
- D. Don't Quit**

LifeGroup Questions:

BEGIN IT – (5min) Praise song and opening prayer.

OPEN IT- (10min) Share your own experiences and journey with anxiety.

EXPLORE IT- (60min) Follow Sunday's sermon outline together and add addition notes people made about the message.

1. How does lifestyle hinder or help our anxiety?
2. How can prayer help us fight anxiety? How has prayer helped you?
3. Do you find it difficult to practice gratitude when you're anxious? How can gratitude help?
4. Do you find it difficult maintaining right thinking? Are you being exposed to influences that are creating anxiety?

APPLY IT- (15min) What steps can you do to increase your consistency with maintaining right thinking?