

Session



Personal Study Guide

Attacking Anxiety

January 12, 2019

Introduction

- How clearly do you see barriers, opportunities, or challenges? Who can help you adjust your perspective to be more objective?

- Are there particular tasks or challenges you dread more severely than others? Why do you think that is so?


1. God is Sufficient (Psalm 23:1)

- What sort of experiences would you expect to encounter in order to arrive at a place where you could say that the Lord is your Shepherd? How have you seen Him in that light in your journey with Him so far?


- Application: What things in the world try to tell you what you “need?” How have you noticed those voices and outlets impacting your anxiety level?


2. God Leads Me to Peace (Psalm 23:2-3a)

- What does the lavish nature of God’s provision tell you about His love and care for you? Why is that important to remember, particularly in anxious seasons?


 Application: How do we seek to renew our own lives? In your experience, how long do those benefits last? How would the result be different than what David described?


3. God Leads Me for His Glory (Psalm 23:3b)


 Describe a time when you realized you had gotten lost. What were the clues that led you to that realization? What did you do to correct course?

 Application: What evaluation would you give the shepherd you're following now? What roads have you been led to? Do you know The Shepherd, or are you just following a shepherd?

Conclusion

 How readily can you identify the things that cause you anxiety? Who do you trust to talk with about it? How often do you talk with them?

 Looking at your life situation right now, who would you say you're following based on your location? Are you on a right path or a wrong one?

 Chronicle some of your most significant spiritual moments with God. How has He shepherded you in those times? How does it confirm that God never loses sight of us?

Daily Readings

- Monday - Philippians 4:6-7
- Tuesday - Matthew 6:25-34
- Wednesday - 1 Peter 5:6-7
- Thursday - John 14:27-29
- Friday - Joshua 1:9
- Saturday - 2 Timothy 1:7