

June 10, 2018
Hello Summer Series
The Thief of Anxiety
Clay Scroggins (Guest Speaker from North Point Church in Atlanta)

1. What do we do today trying to keep our kids safe that we didn't do years ago?
2. What has fear kept you from doing in general? What has fear kept you from doing for God?
3. How did Clay define anxiety? **(The present emotion of inner turmoil produced by the uncertainty of the future.)**
 3. One dictionary definition for anxiety is "a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome." Using this definition or the one Clay gave much like it, consider the following questions:
 - *What makes people anxious today in general?
 - *What makes you anxious?
 - *What makes our children anxious?
 4. Read I Peter 5:5-7, one of the primary scriptures Clay referred to.
 - *Who do you know who is an example of Peter's admonition: "Clothe yourselves with humility toward one another."
 - *Why is "clothe" a good verb for this metaphor?
 - *How has pride (saying "I got this") hurt you or someone you know?
 - *What would be the difference in saying "I got this" or "God's got this" in a crisis?
 - *Can you tell of a time God lifted you up when you humbled yourself "under God's mighty hand"?
 - *When have you "cast" a particular anxiety on God and what was the outcome?
 - *What do the cross and empty tomb tell us about casting our cares on him"? **(He loves us and is waiting and willing to help us and he is able.)**
 5. What did Clay say anxiety stems from? **(Carrying what you weren't meant to carry.)**
 6. What are the two ways we can cast our cares on God? **(1. Turing to him in PRAYER reminds of who is willing and is able to help. 2. GRATITUDE reminds us of his faithfulness in the past and the joys of the present.)**
 7. Read Philippians 4:6-7, another key scripture Clay used.
 - *What did Paul have to be anxious about? **(Long list!)**
 - *When we tell God what we need with thanksgiving, Paul says the peace of God will "guard" our hearts and our minds in Christ Jesus." What image does the word "guard" bring to mind and why is "guard" an apt word here? **(protected; defends)**
 8. What do you need "to cast on him because he cares for you"? ("Cast or carry?")