

ANXIOUS FOR NOTHING LESSON 1

REJOICE IN THE LORD ALWAYS

Today, we want to “drill down” on what it means to move into God’s peace by rejoicing in the Lord—trusting in His sovereignty, regardless of how things look.

Here is a suggested flow of questions and discussion.

1. **Begin by saying hello.** Let everyone introduce themselves and perhaps answer the question, “What interested you in this study? What do you hope to get out of it?”

If you have time you could do a fun ice breaker like: “Have you ever been accused of being a drama king or queen? Where do you sometimes get over dramatic?”

This should be less than 10 minutes. Then watch the video.

2. **You could take some limited time to ask,** “What jumped out at you in the video and why?”

You might consider some key points to affirm

- We can’t avoid the presence of anxiety but the prison of anxiety is avoidable.
- Peace is not the absence of problems but the presence of God in it.
- Rejoicing in the Lord is not a feeling but a decision.
- The more we believe in His control, the more we can relinquish control.
- We don’t rejoice because of what happened but because of who God is and how he can use those things. We have the astounding privilege of being part of a perfect plan, if we are loving God and living according to his purposes.

3. **Questions for application**

- a. What are examples of three “what if’s” that easily tempt you to worry and be anxious.
- b. What is a hurdle that you have to get over to go from worry to worship? (For example, feeling like what is happening is unfair or the way your imagination loves to run with things)
- c. Discuss what are some of the attributes of God, who He is in His character and things He has promised that could give you something to worship about in spite of your circumstances?

4. **An exercise**

List two categories: worry and worship.

Under worry, write three things about your circumstances you worry about. Under worship, write things about God that give you a reason to worship in spite of that.

5. **Ministry time.** As groups of two or three or as a whole group, take the list of worries and pray with each other about these worries. End the time by having people affirm God’s glory and promises about these things and how they intend to trust God in the midst of their problems.

Suggest to everyone that they get and read the first 5 chapters of the book, “*Anxious for Nothing*” before next week.