



# STUDY GUIDE

## ANXIETY & THE PEACE OF GOD 11.24.2019

### **[start with prayer]**

Missions Prayer Focus this week:  
Don Sallow—Church Planter of Refuge Church

Read through Isaiah 41:8-13 and use that as a springboard for prayer.

### **[setting it up]**

This past Sunday Pastor Josh concluded our series “Anxiety and the Peace of God.” Have a few people share an insight or a practice that they learned/applied from the series.

### **[digging deeper]**

The big idea of the message was, “In times of anxiety, there is only one choice: trust in a powerless idol, or trust in the all-powerful God.” Pastor Josh explained that in other cultures, idols take on an external expression, like physical manifestations. This is because many outside our culture place the deepest meaning on things outside themselves. In our individualistic culture, our deepest meaning is place upon ourselves. We become our own idol.

There are basically four categories of idols. Go through this diagnostic tool to help you identify the idol you are most identified with:

If you seek POWER (success, winning, influence)...

- Your greatest nightmare: Humiliation
- People around you often feel: Used
- Your problem emotion: Anger

If you seek APPROVAL (affirmation, love, relationships)...

- Your greatest nightmare: Rejection
- People around you often feel: Smothered
- Your problem emotion: Cowardice

If you seek COMFORT (privacy, lack of stress, freedom)...

- Your greatest nightmare: Stress, demands
- People around you often feel: Neglected
- Your problem emotion: Boredom

If you seek CONTROL (self-discipline, certainty, standards)...

- Your greatest nightmare: Uncertainty
- People around you often feel: Condemned
- Your problem emotion: Worry

Based on the above idols, what are some good Bible verses to memorize to remind you of God's power and our weakness? (Don't be afraid to Google some 😊)

Read Isaiah 40:9-17, 27-31. On the bottom of this paper, write down the qualities and capacities of God based on this passage.

Read Isaiah 40:18-20; 41:5-7; 41:21-24. Write down the qualities and capacities of idols. Then, apply this list to the idol you are most tempted by. For example, if you are tempted by approval, talk through how fleeting approval is, or how being over-concerned with approval ultimately makes you anxious and afraid.

Read Isaiah 42:1-4. This is a prophecy of Jesus Christ. It says he is tender and kind, no matter where we find ourselves. Do you think of Jesus as someone so tender and kind that he wouldn't, figuratively, snap a reed or blow out a smoldering wick? Do you view Jesus in these tender ways?

### **[living it out]**

What steps do you need to take to choose trust in God?

The issue with the idols in our lives is not that we should never seek power, approval, comfort, or control. Rather, we should not build our lives upon those things. Are there practices in your life that pull you away from trust in God toward trust in idols? Identify those practices. Now, what will do you differently this week?

### **[praying it through]**

Share with each other which one of the idols is most tempting to you, then pray for each other along those lines.

During the 6:30pm service, CVC hosted a panel of experts discussing the topic of anxiety. It is available on CVC's Facebook page to re-watch.