

Message Notes

Unstuck Part 2: Stuck in Anxiety

1 Peter 5:6-10

- anxiety: a feeling of worry or uneasiness based on uncertainty about the future
- 3 environmental factors to increased anxiety

#1 The root cause of anxiety is **spiritual**.

- the prowling lion - **vs. 8-9**
- humble yourself under God's hand - **vs. 6, Matthew 14:31**

#2 The grip of **anxiety** weakens when we remember the grip of **God** never does.

- who's timeline? - **vs. 6**
- cast off, throw off, throw away - **vs. 7**

#3 At the center of your anxiety is **I**.

- be intentional about prayer, scripture, community

#4 Jesus was willing to carry your **cross**. He's also willing to carry your **fear**.

Group Questions

Unstuck Part 2: Stuck in Anxiety

1 Peter 5:6-10

1. Ben mentioned some reasons that psychologists feel that anxiety is growing in our country. Why do you think people are more anxious today than ever before?
2. Have you ever experienced anxiety for an extended period of time? How would you describe your experience and how anxiety affects you?

How have you handled those times of heightened anxiety?

3. **Read 1 Peter 5:8-9.** What does it mean practically to be "alert" because the devil prowls around like a roaring lion?
4. Share a time you felt safe and secure because someone stronger was with you. What's that feeling like?

Read 1 Peter 5:6. What difference does it make that we are "under God's mighty hand?" How does it help with anxiety?

5. "*At the center of anxiety is I.*" Explain what that means.

How have you seen that play out in your anxiety?

6. **Read 1 Peter 5:7.** Does this verse mean that we can get rid of anxiety entirely? Why or why not?
7. What currently makes you anxious? What can you do to cast that anxiety on your heavenly Father? How can this group pray for you and support you?