

Do you struggle with insecurities? Anxieties?

Join us on Thursday, November 20 at 7 PM as we seek to gain a biblical perspective of these debilitating... sins ?!

QUESTIONS:

Define anxiety and insecurity.

What commonalities do they have? Discuss sources/causes?

What effect do our hormones have on anxiety and insecurity? What other factors fuel these struggles?

Discuss sinful worry (Matthew 6) and Wise concern (throughout Proverbs).

When faced with a situation where you felt anxious or insecure, what were your most immediate thoughts &/or actions? List them, for yourself, then look back to see which ones gave you victory in Christ. Also, how do we conquer wrong thoughts?

What impact/encouragement does Colossians 3:3 offer in declaring that our life is hidden with Christ in God?

When you feel anxious, if you're being honest, what do you believe about God in that moment? What do you believe about yourself in those moments?

Do you believe God can free you from these struggles? Testify to how He has helped you (include scripture, counsel, prayer support, etc.)

What scripture has been used to help you or have you used to help others when struggling with anxiety and insecurity?

Contrast the worldview and Biblical view of both. In what ways can we unintentionally give worldly advice instead of Biblical advice?

How can the Church better equip believers to counsel? What supports are needed?