

Conversation Guide

Anxiety, pt. 4

Part 4 summary

- “The fear of the Lord” involves the recognition that the only one who ultimately has the power to affect our destiny is the one who tells us to “fear not.”
- The desire to escape from reality can lead to all kinds of coping mechanisms and addictions... but God wants to enable us to face our reality with confidence.
- Medication can be helpful, but there are also heart and soul issues to address.

1. Fear and Anxiety
2. Breaking the Cycle
3. Disaster and Community
4. **A Better Life**

Discussion questions

01 The video said “drugs, alcohol, pornography, and bingeing Netflix or video games” could all be coping mechanisms to escape from reality. When does something like this become a coping mechanism?

02 What is the difference between someone trying to escape from reality and simply resting?

03 Either from this video series or from somewhere else, what has been most helpful for you in dealing with your anxiety?

Diving deeper

In Matthew 11:28-29, Jesus says, “Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.” Sometimes in our culture today, we can feel guilty for resting — but Jesus specifically said that he came to *give us rest*. What does it mean that he came to give us rest? What does it take to receive this rest?