

SERMON SERIES: Peace Over Anxiety
SPEAKER: Scott Beckenhauer
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Notes:

While our church offices are closed and services have moved online, we can stay connected with one another by using social media to meet together virtually. We are also starting eight new small groups, all online. You can sign up for a small group at calvary.ch/groups.

You can reach out to people in your neighborhood. Identify those in your life who you can uniquely serve and take active steps to reach out to them and help provide for their needs as well.

You can also give to Calvary or donate to the One for One online. You can find ways to do both at calvary.ch/give.

Key Line

Peace is found by resting between God's goodness and God's presence.

Introduction

Fear sees a threat and reacts to it. Anxiety imagines a threat and does not allow you to move. We become stuck in the imagined threats.

Anxiety has already been a huge issue in American life, and now we are facing an unknown future.

- What are some things you've felt anxious about in the past? What are some ways you've learned to cope with anxiety before the virus hit our country?
- How have you dealt with the anxiety of living with the threats we've seen in the past few weeks? How has it affected you?

Seek the Word

Read Philippians 4:4-8.

- What does Paul say you should be anxious about? (*nothing--"Do not be anxious about anything."*)
- Does he mean that you should never feel anxiety at all? What does this actually mean in the original language? (*It means you shouldn't live in a state of anxiety, not that you will never feel anxious.*)

- When we fix our thoughts on Jesus, we practice giving him control of our lives and resting in his peace. In verse 4, Paul says we should rejoice always. Why should we rejoice? How can we do that? (*We rejoice in the Lord. We rejoice because of what God has done for us.*)
- "Peace is found by resting between God's goodness and God's presence." What does this quote from Scott mean? (*We can find peace by allowing God to be in control of our lives. God is always near to us and ready to hold us up and protect and guide us.*)

Read Romans 8:28.

- What does God do in difficult situations in our lives? (*God works through them and guides us, helps us grow.*)

Talk About It

- Take a minute to write down Philippians 4:4. Identify five promises about God's presence in your life from God's word that you can claim as a family or individual.
- What are some practical ways to use these promises to remind yourself that the Lord is near to you?