



SUNDAY, OCTOBER 3, 2021

GROUP CHECK-IN:

Part of the rhythms of us as a group is to move beyond just *learning* but moving through life together. This space to start is a great way to begin to move into sharing rhythms, trusting, and being faithful with the relationships entrusted to us.

As this series delves into some topics that can be heavy and perhaps triggering, we want to start by recapping the house rules Brannon gave us to start this series. These will help guide you and hopefully shape a safe environment for the Holy Spirit to move full of *grace and truth* (John 1).

1. House Rule #1: Any conversation around mental health should be grounded in love. (1 Corinthians 12: Jesus never shames sufferers)

- Reminder: we may all have different *ways* to understand how we deal with mental health, but shaming someone who comes at it from a different viewpoint is **never** Gospel-centered.

2. House Rule #2: Individuals are not issues. (See: Proverbs 20:5)

- We love, we don't shame.
- We see others as people, not as their problems.

3. House Rule #3: Dimmers are better than light switches.

Before you continue, stop to pray for one another and that the Holy Spirit would lead your **conversation** and **listening**. Ask Jesus to be glorified in your time together.

SERIES OVERVIEW:

Stuck will deal with the question “*What prevents me from doing that? How do I get stuck?*” We are going to deal with the topics of anxiety, fear, shame, and worry. The bottom line in how we approach all of this is ***silence is not a solution.***

SUNDAY RECAP:

This start to our series “Stuck” dives into dealing with some difficult topics where our solution is not to be silent. In week 1 Pastor Brannon helps us deal with Anxiety with a dive into Psalm 61 before dialoguing with Pastor Micah in regards to what it looks like to be battle anxiety as a follower of Jesus.

CONVERSATION QUESTIONS:

- Read **Psalm 61** together. What truths stand out to you in this passage? How does this encourage you? How does this equip you?
- **“God’s provision in the past insures His presence in the future.”** Why is it important to remember (from God’s Word and from sharing personal experience) what God has done?
 - **OPTIONAL NEXT STEP:** Make space as a group or an individual to reflect on your life and the moments where you felt stuck but God showed up (as Defender, Provider, Gracious, Peace-giver, etc.) Write them down or speak them out, giving praise to God and asking the Holy Spirit to use these to remind and encourage you of His faithfulness as well as a witness to those who are in a season of feeling stuck.
- How has your view of anxiety **changed** after this Sunday? What **roadblocks/questions/struggles** do you still have in understanding anxiety? [*Leave space for everyone to answer openly. Listen first. As the Holy Spirit leads, stop to pray.*]
- How may God be calling you to come alongside those with anxiety? How does this verse encourage you amid anxiety? [*Leave space for everyone to answer openly. Listen first. As the Holy Spirit leads, stop to pray.*]

EVERY DAY TO EVERYONE:

This series will shape our closing section a little differently. We want to give a helpful tool as well as an open invite.

If you are dealing with anxiety, feeling stuck, have felt as though you cannot talk about it - we want you to know you are seen and you are loved. We would love to have a conversation with you. Whether it is to sit and talk or walk with you to find the help you need in your battle, please reach out to us.

You can email Matt Brumfield, Online Community Pastor at matt@ncchapel.com or text/call at 330.285.2821

We also want to include the 9 prayer prompts Pastor Micah shared on Sunday. Those are listed on the next page.

These are from the blog post "How to Battle Anxiety with the Promises of God"

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<https://www.thegospelcoalition.org/blogs/justin-taylor/how-to-battle-anxiety-with-the-promises-of-god/>

How to Battle Anxiety with the Promises of God

- When I am anxious about *some risky new venture or meeting*, I battle unbelief with the promise: “Fear not for I am with you, be not dismayed for I am your God; I will help you, I will strengthen you, I will uphold you with my victorious right hand” ([Isaiah 41:10](#)).
- When I am anxious about *my ministry being useless and empty*, I fight unbelief with the promise, “So shall my word that goes forth from my mouth; it will not come back to me empty but accomplish that which I purpose, and prosper in the thing for which I sent it” ([Isaiah 55:11](#)).
- When I am anxious about *being too weak to do my work*, I battle unbelief with the promise of Christ, “My grace is sufficient for you, my power is made perfect in weakness” ([2 Corinthians 12:9](#)), and “As your days so shall your strength be” ([Deuteronomy 33:25](#)).
- When I am anxious about *decisions I have to make about the future*, I battle unbelief with the promise, “I will instruct you and teach you the way you should go; I will counsel you with my eye upon you” ([Psalm 32:8](#)).
- When I am anxious about *facing opponents*, I battle unbelief with the promise, “If God is for us who can be against us!” ([Romans 8:31](#)).
- When I am anxious about *being sick*, I battle unbelief with the promise that “tribulation works patience, and patience approvedness, and approvedness hope, and hope does not make us ashamed” ([Romans 5:3–5](#)).
- When I am anxious about *getting old*, I battle unbelief with the promise, “Even to your old age I am he, and to gray hairs I will carry you. I have made, and I will bear; I will carry and will save” ([Isaiah 46:4](#)).
- When I am anxious about *dying*, I battle unbelief with the promise that “none of us lives to himself and none of us dies to himself; if we live we live to the Lord and if we die we die to the Lord. So whether we live or die we are the Lord’s. For to this end Christ died and rose again: that he might be Lord both of the dead and the living” ([Romans 14:9–11](#)).
- When I am anxious that *I may make shipwreck of faith and fall away from God*, I battle unbelief with the promise, “He who began a good work in you will complete it unto the day of Christ” ([Philippians 1:6](#)). “He who calls you is faithful. He will do it” ([1 Thessalonians 5:23](#)). “He is able for all time to save those who draw near to God through him, since he always lives to make intercession for them” ([Hebrews 7:25](#)).