

Anxious for Nothing Leader Guide Session 2: Let Your Gentleness Be Evident to All

Video Teaching Notes

Play the video segment for session two. As you watch, use the following outline to record any thoughts or concepts that stand out to you.

- * We can choose to pick up every disappointment, stress, or frustration that is tossed our way, or we can choose to not pick up that garbage in the first place.
- * We not only have the choice of how we will *perceive* trials, but we also have a choice as to how we will *react* to them.
- * The Greek word for *gentleness* in Philippians 4:5 describes a temperament that is seasoned and mature. A gentle person is level-headed and reacts to stress with steadiness and fairness.
- * Contagiously calm people trust that God is always in control and encourage others around them that everything will be okay.
- * How can we exude gentleness in tough times? By looking at Paul's promise in Philippians 4:5: "*The Lord is near.*"
- * When we believe the lie that God has left us, our loneliness amplifies the problem. That's why we have to clutch the truth of God's nearness with both hands.
- * In the story of Jesus feeding the five thousand, his disciples never asked him for help. Instead, they decided the problem was too big and told the Creator of the world what to do.
- * When we face a problem, instead of starting with what *we have*, let's remember what *Jesus has*. He is with us and will give us everything we need to overcome our difficulties.

Watch

PLEASE PLAY THE "Anxious for Nothing" DVD EPISODE #2

While you watch Episode 2, write down notes, questions, or comments you want to bring up in the discussion later.



Grow

In the following section, you will explore Bible passages and take part in discussion to help expand your knowledge on the topic of this session. If time is a concern, please choose just a few of the questions to answer and discuss in your group.

Bible Study and Group Discussion

1. Before everyone shares in the large group, turn to one or two people next to you and finish this sentence: “After watching the video, one question I now have is...|

2. Read aloud Exodus 3:7-12. What fear does Moses express to God in verse 11? How does God respond in verse 12?

* Does God’s response answer Moses’s question directly, or is there a deeper fear God is addressing? Explain.

3. Have different people in your group read aloud the following passages: Genesis 15:1; Deuteronomy 31:8; Joshua 1:9; and Isaiah 43:2. What is God’s promise in each verse? What common theme do you see running through these verses?

4. Again and again throughout his Word, God promises to be with us. Think about a time when God’s presence calmed you in the middle of a storm. How did God’s presence change you emotionally, spiritually, and/or physically?

5. Paul says the key to finding gentleness is believing that God is near. However, just like Jesus’ disciples, we easily forget he is with us and waiting to help us. What are some things that prevent you from not only knowing but also believing God is near?

* When have you, like the disciples, faced a trial and took actions into your own hands before turning to the Lord?

6. Have three group members read passages aloud: Galatians 5:22-25; Philippians 2:13; and 2 Peter 1:3. What promise is given in each of these verses?

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- * According to these promises, where is your source of calmness? How does this alleviate the burden to conjure up calmness on your own?

7. Jesus tells us there will always be troubles in life. But we have the choice to respond to those troubles with gentleness or with frustration. Considering the biblical just read, what specific steps can you take to respond calmly instead of react sharply when anxieties weigh heavily on your shoulders?

8. In John 16:33, Jesus says, “Take heart! I have overcome the world.” How did Jesus overcome the entire world? What has Jesus overcome in your personal world?