



Fruit of the Spirit— Discipleship
A Series that will bring Fruit to your Life
~ Troy DeFeo

Bible Study Ten:

“OVERCOMING ANXIETY & CONFLICT”

PEACE:

I have been afraid of heights for as long as I can remember. Well, for some reason I was not too afraid when I was little. Climbing trees, riding big roller-coasters, and even getting on my roof at my parents house and jumping into the shallow end of the swimming pool. (That was not the smartest thing I did by the way.) But I'll never forget going



to a YL camp at Frontier Ranch in Colorado where we had to climb up a mountain and then rappel down the steep cliff that seemed 5,000 feet up in the air (which was probably 75 feet.) Everyone, including the camp leaders and my peers, knew I was afraid.

Then as it came my turn to go off the cliff, I said I am was not going to do it. Period! As I said that, they were harnessing me in and

said, “Everyone does it here at Frontier Ranch. You will be fine. We got you.”

That fearful experience of rappelling, fixing the roof or being asked to go to Six Flags has been a parable of faith to me. There have been many times in my life and your life I assume, when God has asked me to ease over the edge of a cliff (to trust), climb a ladder to fix something (needing to act), or willing to say “yes” to something He is asking me to do (Moses response) on a Roller-Coaster situation that may be fun, yet dangerous. In order to fight the urge to NOT obey and trust the Lord in every situation of life, I have to go to Scripture over and over to hold on to His promises. You know the ones that assures us of God’s presence, protection, and purpose.

Can I ask you right now, what are you struggling with the most that you need peace in your life over? _____

What have you been doing thus far that is NOT working or that IS helping you work through it? _____

*** Read Daniel 5:23 _____

Garrison Keillor- “The greatest fear as a child was getting my tongue stuck on a frozen pump handle. The older boys told me that if I touched my tongue to it, the only way to get me loose would be to rip my tongue right out of my mouth or else put a tent over me until spring.” :) What does this speak to you about?

Main Text: Philippians 4:4-9 Read this and Mediate on each verse

1. What sorts of things are making you feel anxious right now?

Paul tells us repeatedly to do what? _____

What does this mean and look like in real life? _____

Here Paul was a prisoner in Rome as he was writing this. So, for him to say this, it means in all circumstances.

2. vs.6 Why is prayer our first and best defense against anxiety?

Note: Paul uses key words in vs. 6— PRAYER- denotes the petitioners attitude of mind as worshipful. THANKSGIVING- should accompany all Christian praying, as the supplicant acknowledges that whatever God sends is for HIS good. It also is a remembrance of the previous blessings in our life that we should never forget and cling to. REQUESTS- refers to the things asked for.

3. Paul compares the PEACE of God to a sentry guarding our hearts and minds from anxiety (vs.7)— Why do you think Paul adds that God’s peace “transcends all understandings”?

4. Anxious people can becomes obsessed with negative thinking. How can focusing on the good things in (Vs8) free us ?

5. So, what good things can you start doing RIGHT NOW to combat against anxiety, negative thinking, and not trusting the Lord?

Bible Quiet Times for this week: Psalms 77, 105, and 143 - read