

Union

C H U R C H

Groups | Running From Anxiety

Get Started

Welcome to Spring Groups!! We are excited to do life with you! We pray that you find community that will create lifelong friendships!

Icebreaker: What's the one thing that brings you the most joy?

Start with Scripture

⁴ But he himself went a day's journey into the wilderness, and came and sat down under a [\[a\]](#)broom tree. And he prayed that he might die, and said, "It is enough! Now, Lord, take my life, for I *am* no better than my fathers!"

⁵ Then as he lay and slept under a broom tree, suddenly an [\[b\]](#)angel touched him, and said to him, "Arise *and* eat." ⁶ Then he looked, and there by his head was a cake baked on [\[c\]](#)coals, and a jar of water. So he ate and drank, and lay down again. ⁷ And the [\[d\]](#)angel of the Lord came back the second time, and touched him, and said, "Arise *and* eat, because the journey *is* too great for you." ⁸ So he arose, and ate and drank; and he went in the strength of that food forty days and forty nights as far as Horeb, the mountain of God.

⁹ And there he went into a cave, and spent the night in that place; and behold, the word of the Lord came to him, and He said to him, "What are you doing here, Elijah?"

¹⁰ So he said, "I have been very zealous for the Lord God of hosts; for the children of

Israel have forsaken Your covenant, torn down Your altars, and killed Your prophets with the sword. I alone am left; and they seek to take my life.”

Make it Personal

This week, Pastor Stephen began a brand-new series called _____. Today's message was titled ***Running Away From Anxiety***. Do you know what it feels like to be exhausted? Like when you go to sleep and don't remember when or how it happen, you just wake up 8 hours later. That's when you know your exhausted. PS explained exhaustion like that occurs when your soul is tired or you're emotional exhausted. Sometimes we've been exhausted so long that we don't even know what not being tired feels like. At this point of exhaustion depression and anxiety creeps in. This is a tactic of the enemy because he knows if he can steal your JOY, he can steal your STRENGTH.

Here are three thoughts we discussed about Losing your Joy...

- **Point 1: I didn't realize I lost it** – Have you ever lost your credit card? There is no worse feeling than getting to the register and just realizing that you don't have your credit card. This is like when we lose our joy and it's not until we realize we need it most that it's gone. So, here are four indicators that we lost our joy; we begin to isolate, aimless wandering (a life without purpose), suicidal ideation, and when spiritual encounters pushes you further in sadness.
 - **Q** – What resonated most with you from this part of the message?
 - **Q** – Read 1 Kings 19:3-10 (ESV). How does this scripture resonate with you?
 - **Q** – Read Nehemiah 8:10 (ESV). How does this scripture resonate with you?

- **Q** – Do you feel like you’ve lost your joy? After hearing the message what are some things you can implement to get your joy back?
- **Point 2: Distractions Do Not Replenish** Sometimes to supplement our lack of joy we begin to look at material or worldly things to fill an area only the joy of the Lord can fill. Our goals become idols and we say things such as “**when I get there, I will be happy..**”
 - **Q** – What resonated most with you from this part of the message?
 - **Q** – Read 14:17 (NKJV). How does this scripture resonate with you?
 - **Q** – What have been distractions in your life from the joy of the Lord?
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- **Point 3: Don’t Lose Sight of the Source** At this point in the story Elijah began to examine his life and the things he’s done. He expressed his frustration to the Lord saying, “I have been very zealous of Lord” and I don’t understand why I’m here. PS explained when we find ourselves in a season of depression and begin to question God. It’s because we’ve taken our eyes off the source. Joy comes when God shows you the path of life
 - **Q** – What resonated most with you from this part of the message?
 - **Q** – Read Psalm 16:11 (NKJV). How does this scripture resonate with you in the aspect of leading?
 - **Q** – Proverbs 3:5 (NKJV). How does this scripture resonate with you in the aspect of leading?
 - **Q** – What are some ways you can prevent losing sight of the Source this week?

Takeaway Points:

- The Joy of the Lord is your strength
- The enemy will try to steal your joy the day after your greatest victory
- You can lose your joy without realizing it
- Distractions won’t replenish you
- Don’t lose sight of the Source
- Seeing God’s path to life for you leads to joy
- In His presence is the fullness of joy

Activity:

Give your groups 5 minutes to write down a practical next step from today's discussion.

Prayer Requests

- Ask your group members to share any prayer requests they have.
- Pray and close out your group.

Reminders

- Be sure to take attendance today!
- Continue to add and accept people to your group.
- **Announcements:**
 - Growth Track Step 2 is this Sunday!
 - Marriage Night is March 15th! Register your seats! <https://theunionchurch.com/events>
 - Easter weekend is right around the corner! Register your seats! <https://theunionchurch.com/events/>
 - Water Baptisms is March 10th! Register for baptisms: <https://theunionchurch.com/baptisms/>