

union

C H U R C H

Groups | Back To The Cave of 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 worst piece of advice you were ever given?

Start with Scripture

1 Kings 19:11-18 NLT – “Go out and stand before me on the mountain,” the Lord told him. And as Elijah stood there, the Lord passed by, and a mighty windstorm hit the mountain. It was such a terrible blast that the rocks were torn loose, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. And after the earthquake there was a fire, but the Lord was not in the fire. And after the fire there was the sound of a gentle whisper. When Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave. And a voice said, “What are you doing here, Elijah?” He replied again, “I have zealously served the Lord God Almighty. But the people of Israel have broken their covenant with you, torn down your altars, and killed every one of your prophets. I am the only one left, and now they are trying to kill me, too.” Then the Lord told him, “Go back the same way you came, and travel to the wilderness of Damascus. When you arrive there, anoint Hazael to be king of Aram. Then anoint Jehu, grandson of Nimshi to be king of Israel, and anoint Elisha son of Shaphat from the town of Abel-meholah to replace you as my prophet. Anyone who escapes from Hazael will be killed by Jehu, and those who escape Jehu will be killed by Elisha! Yet I will preserve 7,000 others in Israel who have never bowed down to Baal or kissed him!”

Make it Personal

Pastor Stephen continued the current series — This Joy That I Had. The thought behind this series is that the greatest fight of your life is over your joy! We are reminded that the Bible says the “joy of the Lord is your strength”. If the enemy can steal your joy, he can steal your strength. In the passage we find Elijah running for his life after having the best day of his life. Elijah has run to a cave and one of the things to take note of is that God starts giving Elijah instructions. Notice that God never spoke to Elijah about Jezebel (whom he was running from). Instead, God gave Elijah vision for the future. From this text, we can extract the idea that when you lose your joy, you can lose your vision. The current chaos of life can take away your ability to see what God is doing in this current season. Where is God taking you?

Here are three thoughts to help you keep your joy in the middle of chaos...

- Point 1: God always has a plan To restore Elijah’s joy, all God did was tell Elijah what His plan was. We get into predicaments that look like dead ends and forget that God is working. Anxiety and fear comes and tries to rationalize why you are at the dead end. When we can’t see what God is doing, it looks like things are stuck. If you could see where God is taking you, there’s nothing to be anxious or worry about.
 - Three things you need vision for in any area where you are feeling stress or anxiety:
 - You need a vision for the worst case scenario (*Remember, even in the worst case He’s still good!*)
 - You need a vision for the best case scenario (*Based on the trauma of your upbringing you lean to either a glass half full or half empty*)
 - You need a vision for the miracle that God is about to do
 - Q – Read Proverbs 29:18 (NKJV) & Psalm 16:11 (NKJV). How do these scriptures resonate with you?
 - Q – The biggest thief of vision is time! (God never said when He would do it!) What are some actionable steps you can take to be patient while God is working on your behalf?
 - Q – Read Psalm 105:19 (NKJV). Can God trust you with a word even if it takes too long?
 - Q – Job 38:4-11 (MSG). What do you notice about God’s response to Job and how does this resonate with you?

- Point 2: Chaos will cloud the plan As Elijah heard the voice of God, the wind blew, the earth quaked, and the fire burned. One of the greatest thieves of vision is a busy life. When your life looks like the wind is blowing, the earth is shaking, and the fire is burning, you lose your vision.
 - Q – Hebrews 12:28-29 (NKJV). How does this scripture resonate with you?
 - Q – Here’s a practical step for you to consider. Your life is too busy if you don’t have enough time to spend time with God in the morning. What are some strategic steps you can take (or are already taking) to be more intentional about spending time with God?

- Point 3: God's plan secures my future God never addresses the problem that Elijah obsessed over. You need vision for what your life is going to look like. This will require you to get in God's presence so that He can give you vision - not necessarily for what you are in right now. He’ll tell you that there’s destiny on the other side. This is reason to have hope!
 - Q – Read Isaiah 46:9-10 (NASB) How does this scripture resonate with you?
 - Q – Read Acts 27:23-24 (NKJV). How does this scripture resonate with you?
 - Q – What scripture are you standing on or can you stand on to remind you of God’s vision for your life in this current season?

Takeaway Points:

- Stop telling God how to be God and let Him be God!
- Sit back and let God cook.
- If you feel like God has abandoned you, remember that He has a plan and it’s going to work out for your good! Ask God for vision.
- Anyone against you is against God!
- We’re hardwired to believe that there’s something waiting for you around the corner so we don’t fully enjoy our success. What if it is as good as it looks?
- If it doesn’t work out, it will still work out.
- Refuse to meddle with what God is doing!
- How can God give you vision if you don’t meet with Him daily?
- What God has for you is for you!
- You will get through this because God has a destiny for you on the other side.

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 4 is this Sunday!
 - Register your free seats for Catalyst on March 22nd!
<https://theunionchurch.com/events>
 - Easter is NEXT Sunday! Invite a friend and reserve your seats!
<https://theunionchurch.com/events>