



WEEK 1 - JANUARY 3

SIN

JOHN FULLER | SENIOR PASTOR

INTRODUCTION

This week, we begin a four-week series on anxiety. Pastor John teaches one of the causes of our anxiety is sin. God uses our anxiety to point out unconfessed sin, and once we confess and receive God's forgiveness, we can be set free.

DISCUSSION

1. Pastor John defines anxiety as "temporary or chronic feelings of fear, restlessness or unease." How would you define anxiety, and does it affect you?
2. What are some of the misunderstandings Christians have about anxiety?
3. Have you ever considered sin as a cause for anxiety? Why or why not?
4. **Read 1 John 1:5-2:2.** Can you think of a time when a sense of fear was lifted after you confessed an idol or sin?

DO SOMETHING

1. Start the year with self-evaluation by praying David's prayer found in **Psalm 139:23-24**. If God reveals a need for confession, follow the instructions found in **1 John 1:9**.
2. **Read Psalm 32** and notice the blessings that come from confession and repentance.
3. Develop a spiritual goal for 2021 and write it down. Place it somewhere so you see it daily as a reminder.

RESOURCES

1. *Changes That Heal* by Dr. Henry Cloud
2. *Emotionally Healthy Spirituality* by Peter Scazzero
3. *Freedom: How Grace Transform Your Life Now* by Derek Wilder
4. *Facing Your Giants* by Max Lucado