



WEEK 3 - JANUARY 24

CLINICAL

SHANE FULLER | CF ASSOC CAMPUS PASTOR OF DISCIPLESHIP

INTRODUCTION

In the third week of our teaching series "Anxiety," Pastor Shane Fuller focuses on Matthew 11:28-30 as he shares how to help those with clinical anxiety. Pastor Shane describes clinical anxiety as "temporary or chronic feelings of fear, restlessness or unease which disrupt a person's daily activities for an extended period of time." He shares three ways to help the anxious among us: come to grips with our anxiety, stand and fight against victimization and shame and get help to stop the disruptions of daily activities. Whether you are anxious or living life around anxious loved ones, bring your weary and burdened self to Jesus. In Him, you will find rest.

DISCUSSION

1. Share with your group a time in your life when anxiety disrupted you or a loved one's daily activities for an extended period. How did you or your loved one deal with the anxiety?
2. Pastor Shane said the first step to rest from anxiety is to "come to grips" with it. Is this an easy or difficult step for you, a family member or friend?
3. What does it look like to "stand and fight" against the victimization and shame from anxiety? How can you help others who are struggling in this area?
4. Read Matthew 11:28-30. How can we use this passage to point our loved ones toward Jesus when they experience anxiety?

DO SOMETHING

1. Spend quiet time with God and lay all your burdens and anxieties before Him. If you are dealing with clinical anxiety or have someone in your circle who is, ask God for next steps and seek help from a trusted friend or pastor.
2. Write out Matthew 11:28-30 and place it in a location you see daily to be reminded of Jesus' love for you.
3. Take time to check on people in your circle this week who you think may be struggling.

RESOURCES

1. Anxious for Nothing, a video series available on RightNow Media by Max Lucado
2. Putting an X Through Anxiety: Breaking Free from the Grip of Worry and Stress by Louie Giglio available through christianbook.com