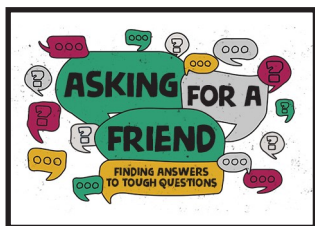


# MESSAGE NOTES & SMALL GROUP GUIDES



**“HOW DO I DEAL  
WITH ALL THIS  
ANXIETY?”**

**MAY 24, 2020**



## “How Do I Deal With All This Anxiety?”

[Tom Lundeen, Senior Pastor]

### MESSAGE NOTES

Existential \_\_\_\_\_ = what we tend to ask ourselves when the surface meaning of life is stripped away, when routines and expectations are shattered, and when we confront \_\_\_\_\_ mortality.

Anxiety affects about \_\_\_\_% of the population in severe ways.

\_\_\_\_% of people seen by a family doctor have anxiety related issues...

But behind all anxiety (and rarely addressed) is what's called \_\_\_\_\_  
anxiety = the lack of \_\_\_\_\_ and purpose in life.

Beyond common symptoms of anxiety...*existential* anxiety...produces a *disturbing inner* \_\_\_\_\_ (Martinez) and even a sense of desperation.

And this anxiety is so deeply \_\_\_\_\_ in the core of our lives that it isn't helped by anti-anxiety meds nor by counseling.

### 1. People Need \_\_\_\_\_ Relationships

...when we understand that we're not here by \_\_\_\_\_...but we are actually created by God and for God, it \_\_\_\_\_ how we see ourselves and others.

Note Genesis 1:26-27; 5:1-2; Psalm 8:5; James 3:8-9

...because we are created in God's \_\_\_\_\_, our greatest need is for relationships (note Genesis 2:18).

...*human beings are born with a profound need of having contact...with a '\_\_\_\_\_'*...with others (Martinez).

Note Psalm 42:3-4

- It's why \_\_\_\_\_ had His own small group.
- It's why the \_\_\_\_\_ is never identified as a physical building, but a \_\_\_\_\_ with many parts... (note 1 Corinthians 12).
- It's why there are \_\_\_\_\_ commands in the New Testament about how we are and are not supposed to relate to one another.

But there's another relationship that's vital and without which, we'll never be \_\_\_\_\_.

## 2. The Most \_\_\_\_\_ Relationship

Many people seem to have good relationships, yet they lack \_\_\_\_\_.

It's because our relationships need to be two-\_\_\_\_\_.

Note Genesis 1-3; 4:8

\_\_\_\_\_ from God is the ultimate source of our anxieties and worry because our deepest need is unmet (note Psalm 42:1-2).

Being \_\_\_\_\_ from God is the most disturbing and disruptive experience any human being can have.

Note Psalm 42:5-6a

Note Hebrews 6:19a

Note Matthew 6:25-27, 31-33

Note Philippians 4:6-7

*Tough questions do have answers:*

- So are you pursuing healthy relationships with others even with physical distancing (\_\_\_\_\_)?
- And are you \_\_\_\_\_ on what has to be the most important relationship in your life?

*Tell someone about the next step you took today in your spiritual journey!*

*Let us know, too!*

# DISCUSSION GUIDE

**ICEBREAKER** FUTURE OR PAST: WOULD YOU RATHER VISIT THE INTERNATIONAL SPACE STATION OR THE WRECK OF THE TITANIC? WHY?

1. HOW HAVE YOU SEEN THE EFFECTS OF ANXIETY, ESPECIALLY EXISTENTIAL ANXIETY, IN YOURSELF OR THOSE AROUND YOU? (HAVING TO DO WITH A “LACK OF MEANING AND PURPOSE IN LIFE.”)
2. READ GENESIS 1:26-27. HOW DOES BEING CREATED IN GOD’S IMAGE INFORM OUR NEED FOR RELATIONSHIP? (READ GENESIS 2:18.)
3. PSALM 42:4 SAYS: *“MY HEART IS BREAKING AS I REMEMBER HOW IT USED TO BE; I WALKED AMONG THE CROWDS OF WORSHIPERS, LEADING A GREAT PROCESSION TO THE HOUSE OF GOD, SINGING FOR JOY AND GIVING THANKS—IT WAS THE SOUND OF A GREAT CELEBRATION!”* AS YOU READ THAT, WHAT DID YOUR HEART SAY? WHY DO YOU THINK THAT WAS SO? (REVIEW THE “IT’S WHY” STATEMENTS IN THE MESSAGE NOTES IF YOU NEED HELP CONNECTING THE DOTS.)
4. PSALM 42:1-2 SPEAKS TO OUR NEED TO BE CONNECTED TO GOD. HOW HAVE YOU BEEN CONNECTING TO GOD DURING THE PAST FEW WEEKS, AND WHAT HAS THAT DONE FOR YOUR “THIRST”?
5. HOW HAS YOUR SMALL GROUP HELPED FILL YOUR NEED FOR AUTHENTIC RELATIONSHIP WITH GOD AND OTHERS? WHAT NEXT STEP DO YOU NEED TO TAKE THIS WEEK TO BECOME MORE FOCUSED IN YOUR WALK WITH JESUS?

DAY 1: 1 TIMOTHY 3

DAY 2: 1 TIMOTHY 4

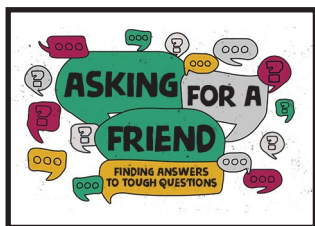
DAY 3: 1 TIMOTHY 5

DAY 4: 1 TIMOTHY 6

DAY 5: 2 TIMOTHY 1

PERSONAL  
GUIDE





## “How Do I Deal With All This Anxiety?”

[Tom Lundeen, Senior Pastor]

### MESSAGE NOTES

Existential questions = what we tend to ask ourselves when the surface meaning of life is stripped away, when routines and expectations are shattered, and when we confront human mortality.

Anxiety affects about 20% of the population in severe ways.

50% of people seen by a family doctor have anxiety related issues...

But behind all anxiety (and rarely addressed) is what's called existential anxiety = the lack of meaning and purpose in life.

Beyond common symptoms of anxiety...*existential* anxiety...produces a *disturbing inner unrest* (Martinez) and even a sense of desperation.

And this anxiety is so deeply imbedded in the core of our lives that it isn't helped by anti-anxiety meds nor by counseling.

### 1. People Need Genuine Relationships

...when we understand that we're not here by accident...but we are actually created by God and for God, it changes how we see ourselves and others.

Note Genesis 1:26-27; 5:1-2; Psalm 8:5; James 3:8-9

...because we are created in God's image, our greatest need is for relationships (note Genesis 2:18).

...*human beings are born with a profound need of having contact...with a 'you' ...with others* (Martinez).

Note Psalm 42:3-4

- It's why Jesus had His own small group.
- It's why the church is never identified as a physical building, but a Body with many parts... (note 1 Corinthians 12).
- It's why there are 59 commands in the New Testament about how we are and are not supposed to relate to one another.

But there's another relationship that's vital and without which, we'll never be whole.

## **2. The Most Important Relationship**

Many people seem to have good relationships, yet they lack peace.

It's because our relationships need to be two-dimensional.

Note Genesis 1-3; 4:8

Separation from God is the ultimate source of our anxieties and worry because our deepest need is unmet (note Psalm 42:1-2).

Being disconnected from God is the most disturbing and disruptive experience any human being can have.

Note Psalm 42:5-6a

Note Hebrews 6:19a

Note Matthew 6:25-27, 31-33

Note Philippians 4:6-7

*Tough questions do have answers:*

- So are you pursuing healthy relationships with others even with physical distancing (small groups)?
- And are you focused on what has to be the most important relationship in your life?

*Tell someone about the next step you took today in your spiritual journey!*

*Let us know, too!*