

Into The Wilderness: Numbers

Week 3: Hello Anxiety—Meet Jesus!

Key Scripture

We seemed like grasshoppers in our own eyes, and we looked the same to them.”
Numbers 13:33

Main Takeaway

Small challenge – big challenge....
EVEN BIGGER GOD!

Start Talking:

1. When you were in grade school, what kind of report card did you bring home?
2. Are you more of an optimist or a pessimist?

Start Praying:

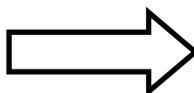
Dear Heavenly Father, you created the earth with your voice. You remained faithful to your people through all of history. You raise the dead. When anxiety arrives instead of greeting it and getting to know it, help me introduce it to you! Amen!

Start Studying:

1. Read Numbers 13:25-33: Both groups looked at the same report. What was it? One group concluded do not enter and one concluded enter. What was the difference?
2. Read Matthew 6:25-34. Why does Jesus say: “O, you of little faith?” What is He trying to teach us with His question in verse 27?
3. First Commandment: You shall have no other God’s: “We should fear, love, and trust in God above all things.” Why is anxiety a First Commandment issue?
4. Philippians 2:28 and 4:6. Paul struggled with anxiety – so do we! What is he encouraging us to do when we are anxious?

Start Applying:

1. How does anxiety make you feel? When you feel those things say: “Anxiety has arrived. Anxiety meet Jesus! He is bigger than you!”
2. If God hates anxiety because it replaces our trust in Him and in His promises, how can we take the spiritual side of this issue more seriously?
3. Paul was anxious. Pastor Koglin has had sleepless nights. We all struggle in this. How can we encourage each other?
4. Caleb and Joshua were there to encourage all in what God can do, not in what they can do. Are you in a season where you need to be Caleb/Joshua or are you in a season where you need a Caleb/Joshua?



Fill out Biblical Equipping



Finish in Prayer: Lord Jesus Christ, thank you for this time together. Mental Health including anxiety is critical to our faith journey. Let God have your anxieties to resolve. Give us the knowledge of your presence and peace. In your name we pray. Amen.

NOTES

BIBLICAL EQUIPPING

The Bible passage I will focus on is:

The part of this passage that caught my attention is:

I will apply this passage to my life by:

Before next meeting, the impact God had on me through this verse was: