

SESSION 1

LIVING CAREFREE FROM ANXIETY

- By Will Gunter
- Grace Life International

“LIVE CAREFREE BEFORE GOD; HE IS MOST CAREFUL WITH YOU.”
1 Peter 5:7 the msg

Our goal is to define anxiety, to discuss where it comes from, and to discover God’s solution for living in His rest.

Defining Anxiety...

WHAT IS IT?

1.

(Oxford Language Dictionary)

2.

(American Psychological Association)

3.

(Mayo Clinic)

4.

(Chris M. Coursey, Thrive Today, “Overcoming Anxiety in An Unsettled World”)

REMOVING THE SHAME...

1. Having Anxiety is not _____.
2. Having Anxiety does not _____.
(Matthew 8:26)
3. Having Anxiety does not _____.
(Hebrews 4:15)
4. Having Anxiety does not _____.
(Romans 8:15 & 2 Timothy 1:7)
5. Having Anxiety does not _____.
(Romans 8:39b)

HOW TO TREAT ANXIETY...

(Romans 12:2a, Philippians 4:8, 2 Corinthians 10:5, 1 John 4:18)

NOTES...

BREAK TIME!

WHERE DOES ANXIETY COME FROM?

Anxiety is the tip of the Iceberg...

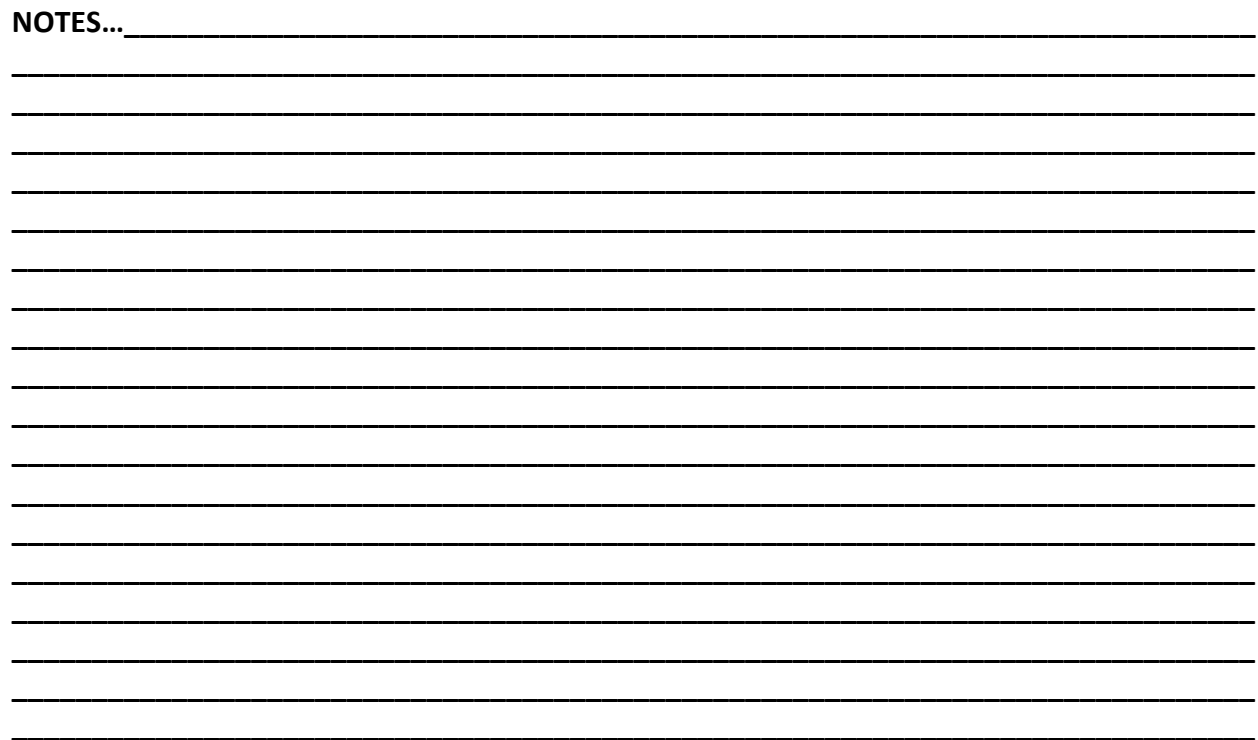
Getting to the root...



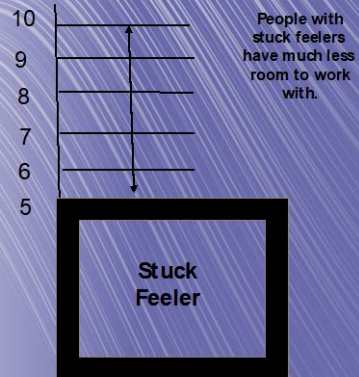
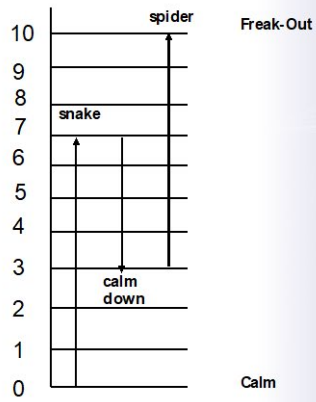
TWO TREES

NOTES... _____

HOW THE FLESH DEVELOPS...



STUCK FEELER



Idea from Bill Gillham, Lifetime Guarantee

NOTES...

REFLECTIONS WITH FATHER

1. What is the root of my anxiety? What are the wounds and hurts?
2. What are my beliefs about myself?
(refer to flesh diagram)
2. How have I learned to cope and deal with the stresses and pressures of life?
(refer to manifestations of the flesh)

1. What is the root of my anxiety? What are the wounds and hurts?
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(refer to flesh diagram)
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(refer to manifestations of the flesh)

NOTES...

TOMORROW

1. What does it look like to live from the Tree of Life verses the flesh tree?
2. What does it mean to live from who God says I am?
3. What does it look like to live under grace instead of performance, and pressure?



WELCOME BACK!

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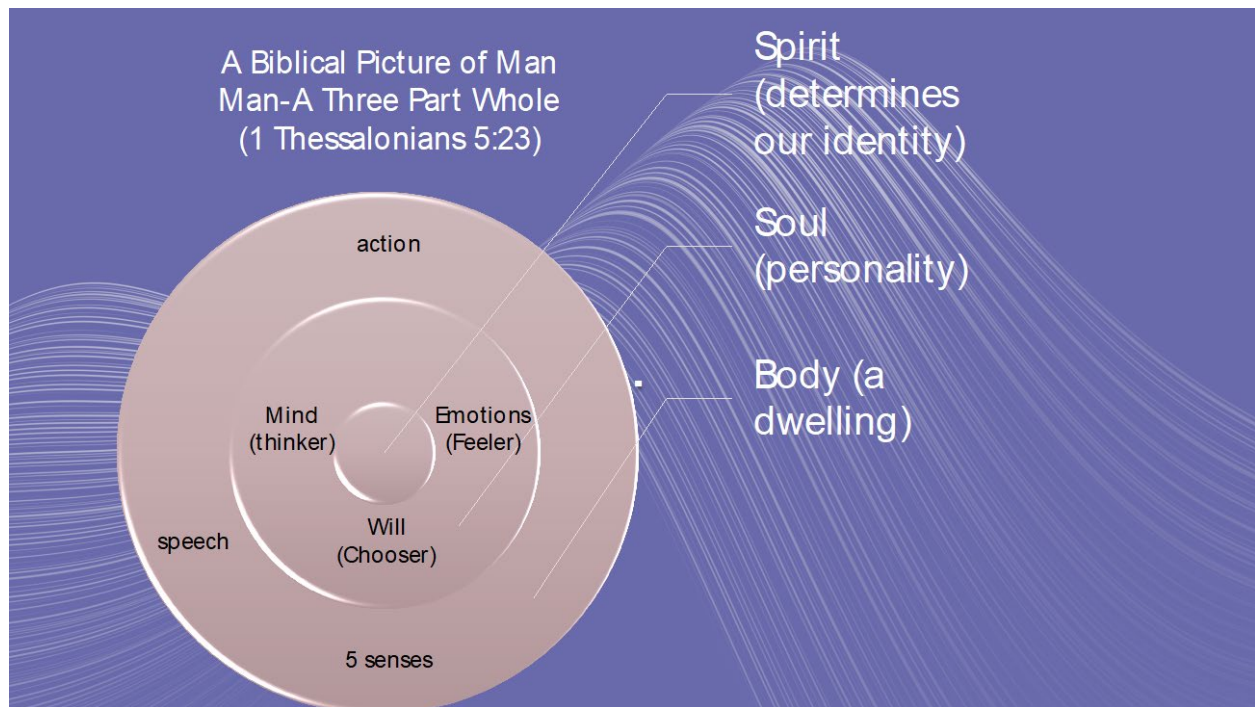
Think of a time or a place in your life when you felt connected and a sense of peace.
(Borrowed from Thrive Today)

8.

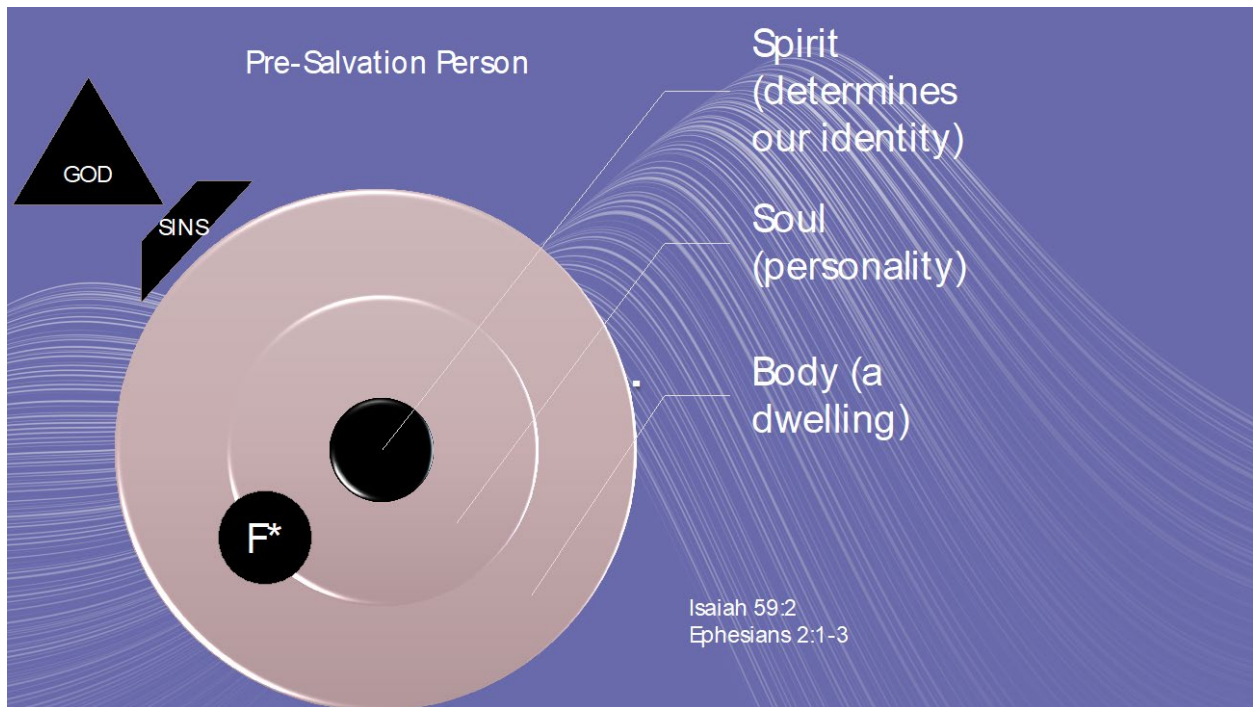
Fear and Anxiety can often be a result of feeling _____ and _____.

- John 14:6
- John 10:28-30
- John 17:23

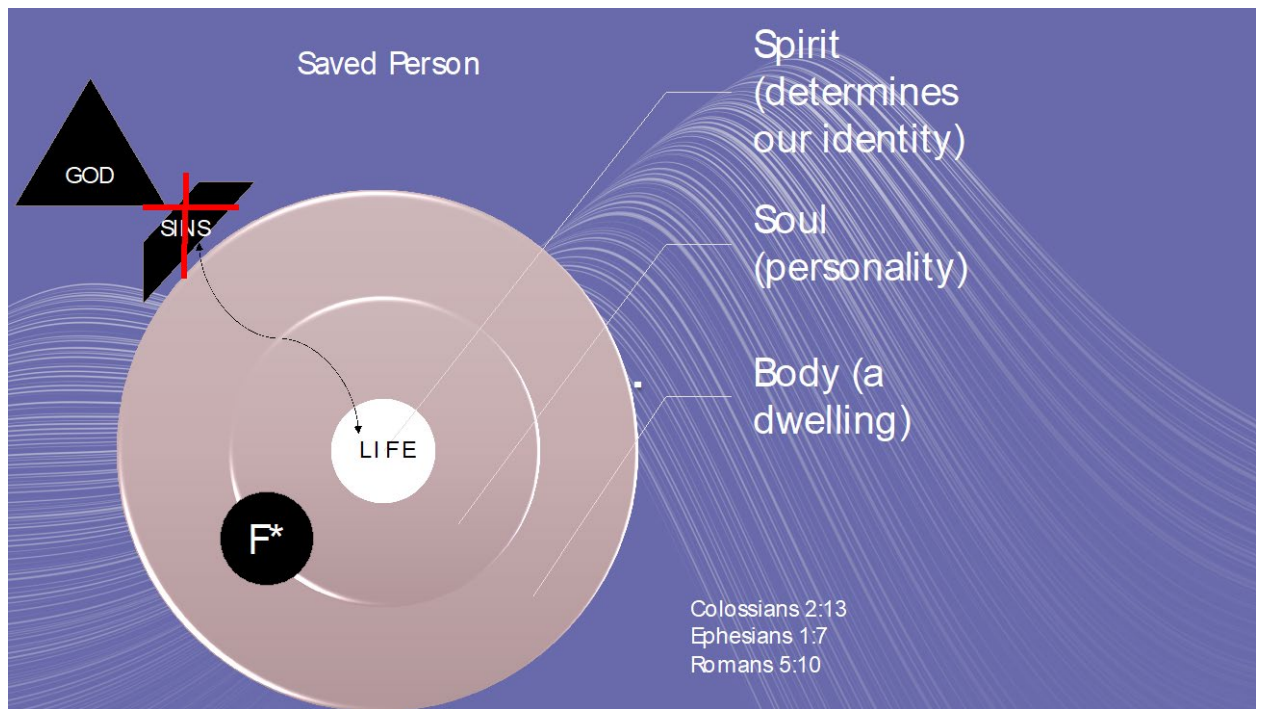
Note...When we were saved Jesus did not only do something for us, but He did something to us and in us. As a result, we never have to fear being separated again.



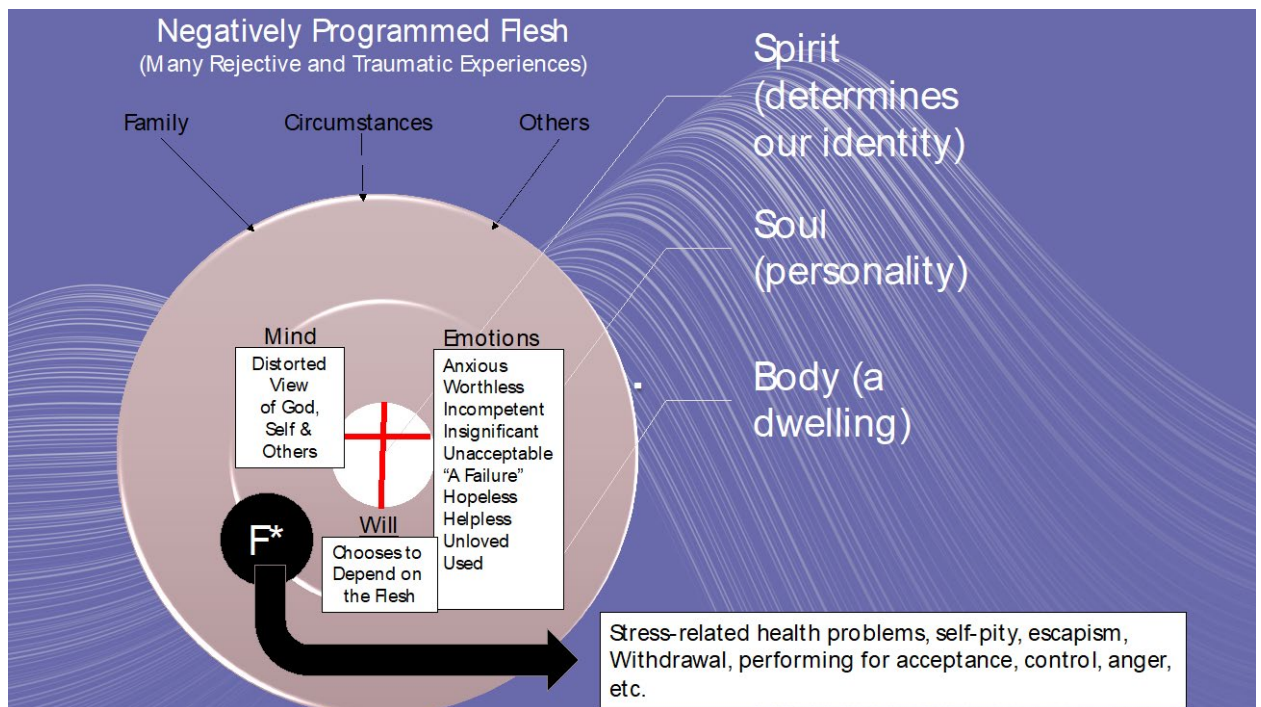
Man is essentially a _____, who has a _____, and lives in a _____.



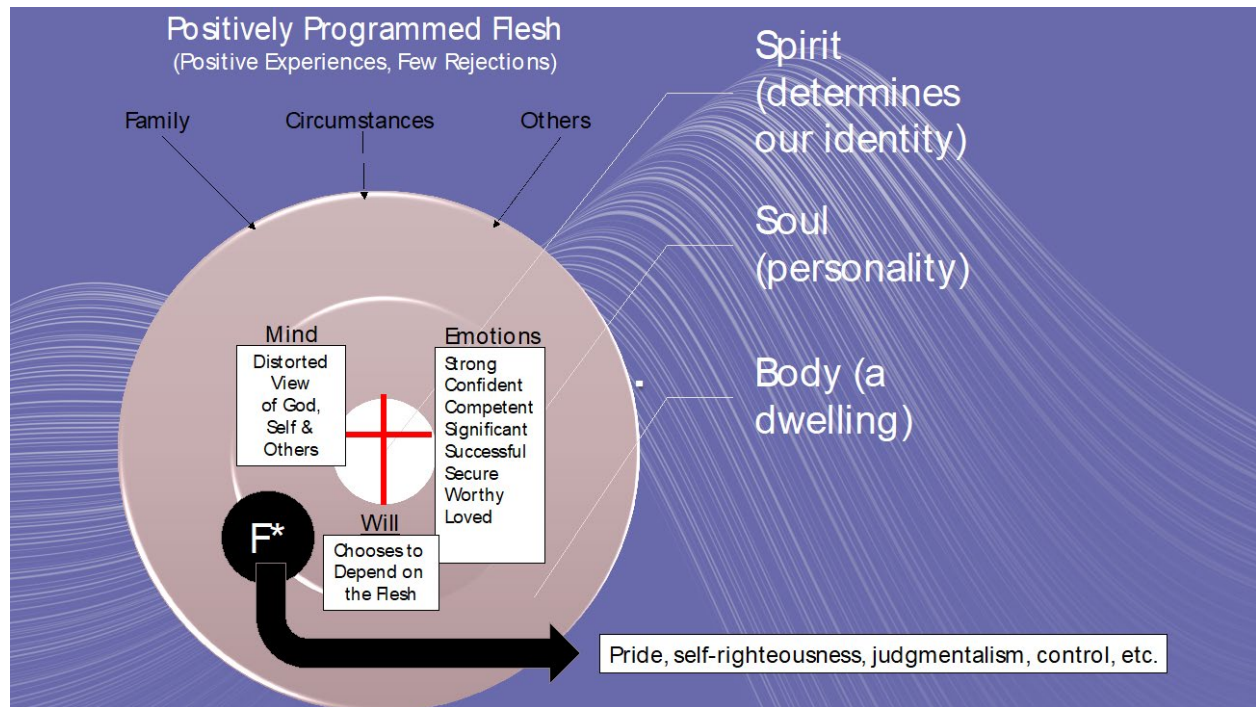
Man's basic problem at birth is that he is _____ from God, and therefore, without_____.



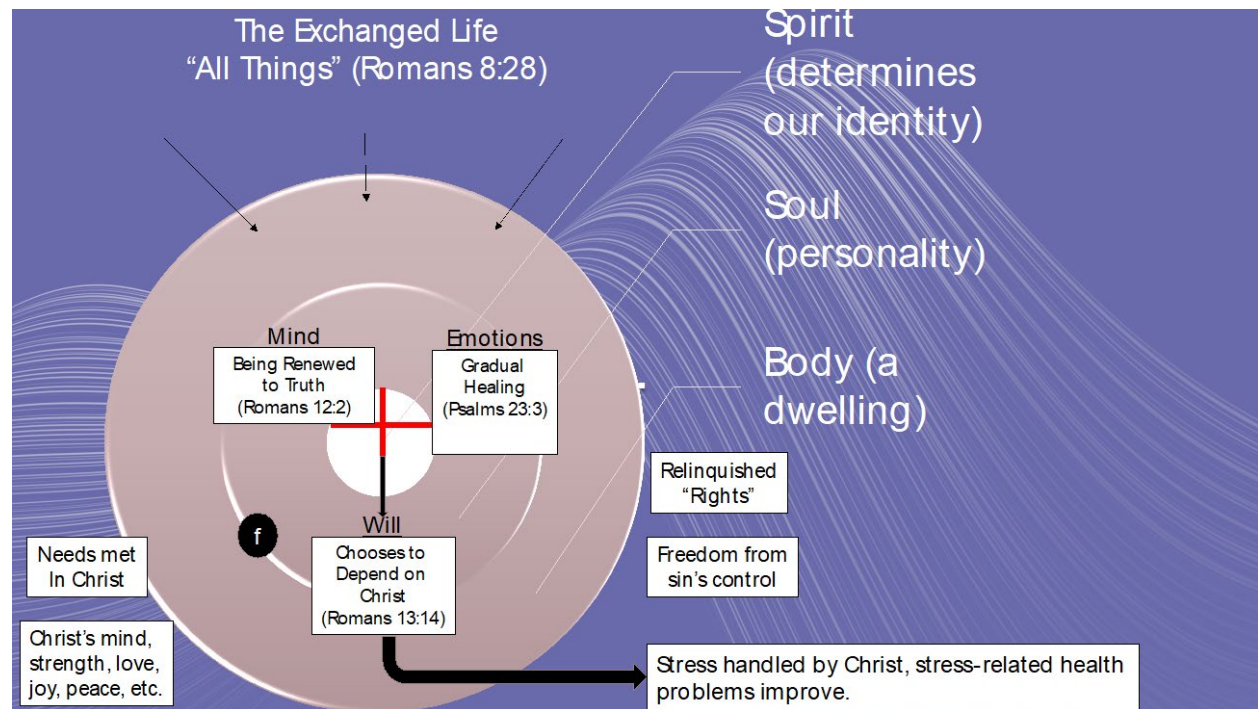
God gave His life _____ us, in order to give His life _____ us, in order that He might live His life _____ us, as us.



When the person depends upon his own strength to cope with present pressures and past rejections, the result is ultimately _____ and _____.



God loves both His _____ and _____
programmed children to do whatever it takes to reveal the bankruptcy of
the flesh, so that we will be ready to exchange the _____
for the _____.



Christ living _____ through us is victorious living!

This is the carefree life!

Living Carefree...

- Galatians 2:20
- Matthew 11:28-30 (the msg)
- John 15:5

Living Carefree Prayer...

Living Carefree Prayer!

Jesus thank you for coming to live in me to love me. I receive your love. I invite you to saturate my entire being (body, soul, and spirit) with your love.

- Sit quietly and be-loved.

Jesus, I give you all of my cares, my worries, and my anxiety, because you deeply care for me.

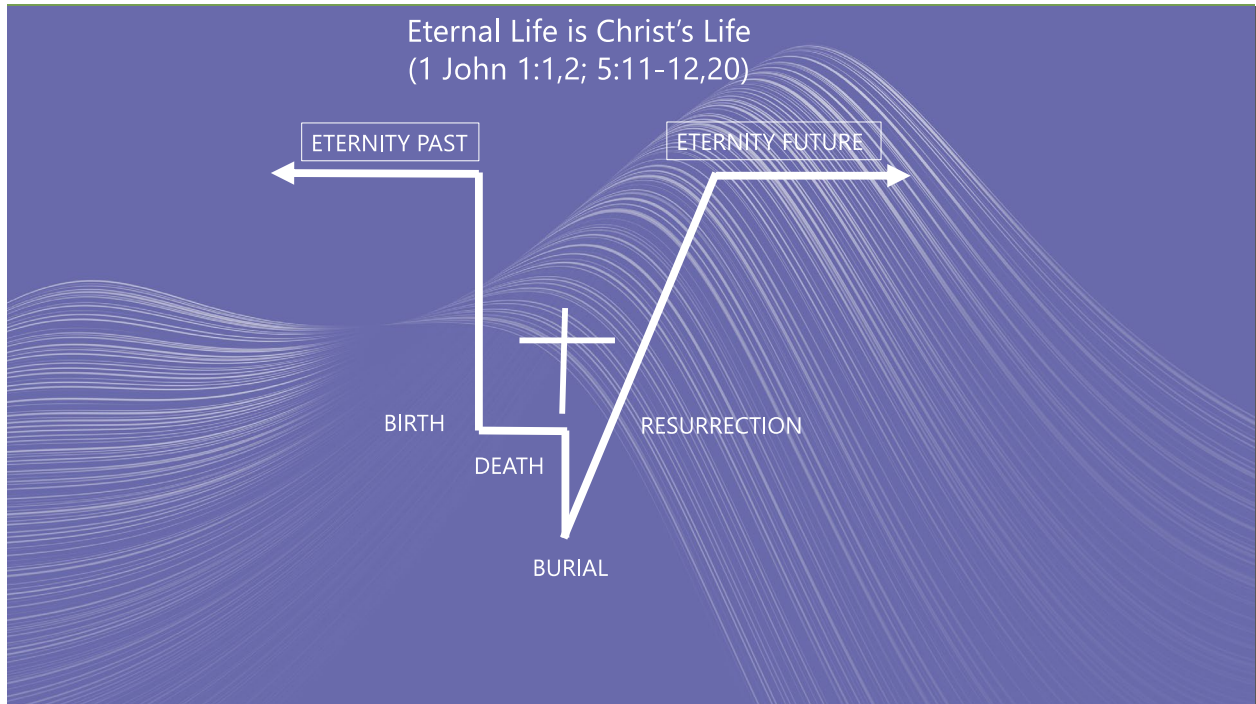
- Take a moment to give everything and everyone in your life that might be causing anxiety.

Jesus thank you for coming to live in me to live your life through me. Your yoke is easy, and your burden is light. You are the true vine, and I am a branch of your life. Today I invite you to live your life in and through me.

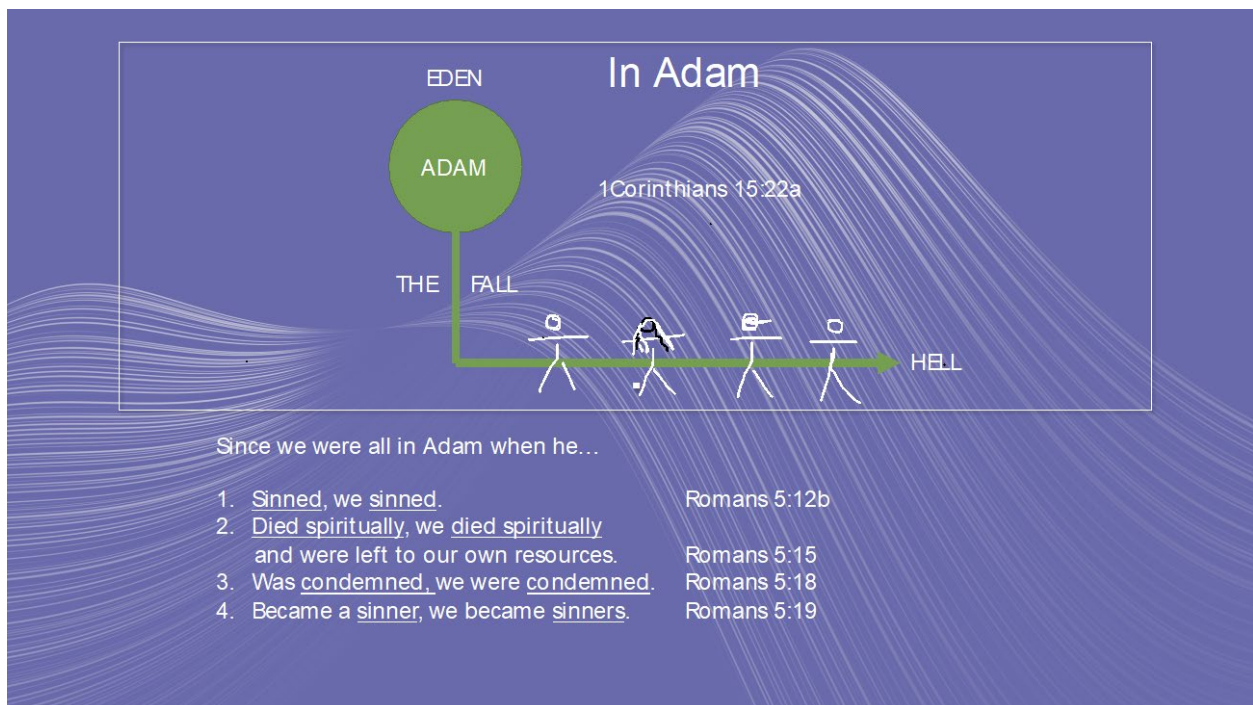
- Take a moment to think of the tasks for the day and the people you may interact with. Give each of the tasks and relationships to Jesus trusting Him to live through you.

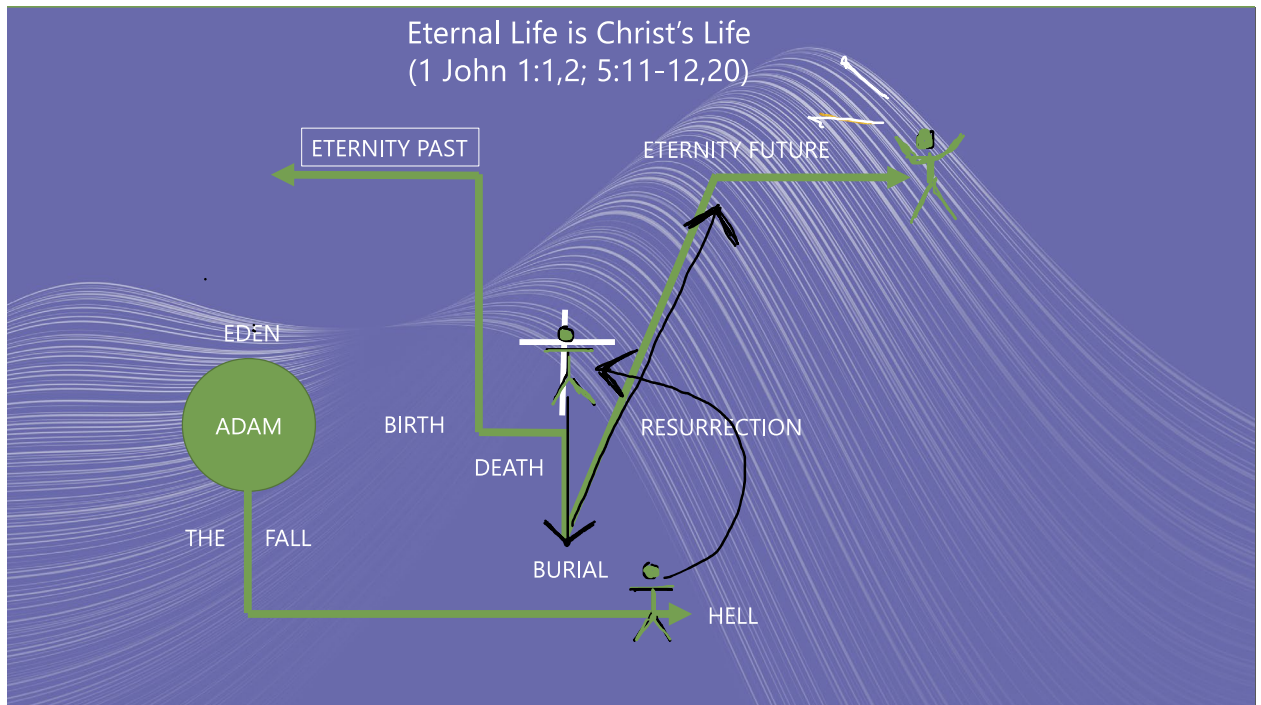
Amen

BREAK TIME!



Eternal Life is not something that _____ when we become a Christian. It is something we _____ and of which we become a _____ at the moment of salvation. **It is receiving a new life altogether- Christ's Life.**





1. At salvation, God took us _____ out of Adam and placed us into Christ.
2. We participated _____ in Christ's death, burial, resurrection, and ascension and seating at the right hand of the Father.
3. Our Old Self (Old Man) was our _____.
4. We have a _____. We can live in our strength, or we can give up our fleshly efforts and allow Christ to live _____ us.

[illegible]

How does the world try to answer this question?

[illegible]

WHAT AND WHO DETERMINES WHO I AM?

Ephesians 1:11 (the msg)

- John 3:3_____
- Ezekiel 36:26-27_____
- 2 Corinthians 5:17_____
- Romans 8:14-16_____
- Ephesians 2:8-9_____
- 2 Corinthians 5:21 & 1 Corinthians 1:30_____
- Ephesians 2:10_____
- Galatians 1:15-16_____

When God Made You He Broke The Mold!!!

Psalms 139:13-15

