



New International Version is used for questions

1. Read 2 Chronicles 20:1-30. What stood out to you in the sermon this week? What do you do when life feels overwhelming?
2. What were the three facts that Pastor Rick shared about being overwhelmed? Why would God put us into an overwhelming circumstance that we cannot handle, does He do it on purpose? What does our pride tell us when this happens?
3. In 2 Chronicles 20:12, what does Jehoshaphat admit? What does God tell him to do that we must do so that anxiety does not take us over?
4. When faced with an overwhelming circumstance, what will determine if you have peace or anxiety? What does anxiety do to us?
5. Read 2 Chronicles 20:21 again and Habakkuk 3:17,18. Pastor Rick said that we need to fill our minds with praise rather than panic, how do we do this? What are the three things that worship says? At what point do we need to do this?
6. What does the need to feel in control have to do with the anxiety we feel? What do you think God will do in order to teach us to give control of our lives to Him?
7. Pastor Rick said that we should trust that God is working beyond what we see, what does that mean? Have you ever experienced God doing this and how?

## Answers

1. *Various answers*
2. *The three facts are: a. Sometimes even godly people feel overwhelmed; b. Sometimes even strong people feel afraid; and c. Sometimes even faith-filled people feel anxious. Yes, God does this on purpose so that we are forced to rely on Him, it is a training tool for God. Our pride tells us that we should be able to handle anything, so we try to.*
3. *He admits that they are powerless to do anything to fight the army that was coming against them and asks God to handle it for them. God tells them to take a position as if they will be fighting and then just sit back and watch how God takes over. They needed to do something—take their stance, so God always requires us to take a step of faith before He rescues us. So, we must work as if it depends on us but then pray as if it all rests on God for victory.*
4. *What will determine whether you have peace or anxiety will be what you choose to focus on, the problem or on God. Anxiety shrinks your view of God, when you are anxious the problem becomes larger and God becomes smaller in your mind.*
5. *The way we fill our mind with praise is to think about the characteristics of God, His faithfulness, His love, who He is, what He has done in the past. Praise says that God is always faithful, always present, and always worthy of praise. We must do this at the point when we begin to feel anxious or worried, because that is what changes our focus, what we choose to think about.*
6. *It has everything to do with our anxiety. When we feel we have to control everything and it becomes out of our control, that is the cause of anxiety because we cannot control it. God will put us in circumstances beyond our control in order to teach us to give up the idea that we have to be in control of everything. Only then will we yield control to Him. Control freaks suffer a lot of anxiety.*
7. *This means that many times God is already at work to solve our problems but He does not reveal to us how He is working. Just because we cannot see it does not mean it is not happening. This is what it means to live by faith and not by sight. Have people share how God was at work in their lives and they did not realize it until later.*