

# "SIMPLY HAPPY"

Week 7

## KEY PASSAGES:

**John 15:5,11** "I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing... I have told you this so that my joy may be in you and that your joy may be complete."

**Philippians 3:10** I want to know Christ - yes, even to know the power of his resurrection and participation in his sufferings, becoming like him in his death.

**Psalms 46:1** God is our refuge and strength, an ever-present help in trouble.

**Philippians 4:4-9** Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice.

**Psalms 121:1-2** I lift up my eyes to the mountains—where does my help come from? My help comes from the Lord, the Maker of heaven and earth.

**Matt. 7:7-8** "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened."

**Isaiah 62:6** Cry to God all day and all night for the fulfillment of his promises. Take no rest, all you who pray...

**Psalms 55:22** Cast your cares on the Lord and he will sustain you.

**1 Peter 5:7** Cast all your anxiety on him because he cares for you.

**2 Timothy 1:12** ...because I know whom I have believed, and am convinced that he is able to guard what I have entrusted to him.

**Hebrews 12:2-3** fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

## QUESTIONS:

1. Share one social situation / environment that makes you anxious (the more silly & awkward, the better!)
2. Name one thing that's probably pretty small in the grand scheme of things, but that you nevertheless stress or worry about because it feels a big deal.
3. Share one or two legitimate, regularly occurring fears, stresses or anxieties that tend to plague you the most.
4. "The presence of anxiety is unavoidable, but the prison of anxiety is optional." Discuss.
5. Ethan's irreverent "CRAMPS" acrostic uses the Philippians 4:4-9 text above to pinpoint six practices to help battle everyday anxieties. For the rest of your discussion, look at each practice below, then 1) share some examples of each, and 2) talk about ways that practice can be difficult. (\*\*NOTE: in your discussion, be careful not to assume these are 'quick fixes' to larger scale anxieties & hardships, especially regarding those struggling with a diagnosis).

**Celebrate God's goodness** (4:4)

**Remember God is near** (4:5)

**Ask God for help** (4:6)

**Move Along** (4:7)

**Ponder God's beauty in your midst** (4:8)

**Start!** (4:9)