

GroupWork

Bible Study Discussion Starters

Life application materials for use in Life Groups, home devotions, and other small groups.

1. Would knowing the future really reduce your anxiety?

2. Read the message text (Mark 14:32-36) and look at the message outline to remind you of the message.
 - a. What was memorable from the message? Share it with the group.

 - b. What question did the message raise in your mind? Discuss it as a group.

3. Read Acts 12:1-17. Take a moment to appreciate what a seismic shock the death of James must have been for these early Christians. We humans are very good at assuming, "That'll never happen."
 - a. Imagine this thought progression: "Jesus is never going to get killed." Then Jesus dies. "Believers aren't going to get killed." Then Stephen dies. "The original 12 disciples, our leaders, they're safe." James, brother of John, one of the inner circle, dies. What effect would this have on your anxiety level?

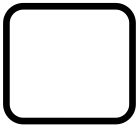
 - b. Peter is arrested. After experiencing the progression above, what would you be thinking? It is amazing how quickly we can switch from, "That'll never happen!" to, "I know what's going to happen!" What's the problem with both?

4. Jesus felt the pressure of anxiety in the garden, and didn't sin. It isn't wrong to experience the struggle. In verse 5 we see the church earnestly praying for Peter. How does it make you feel to know that it is possible to not be OK without that being a sin?

5. Look at verse 9. Peter didn't understand what was happening, and he certainly didn't know the future. He simply trusted and obeyed, and then it turned out better than he could have imagined. Does that remind you of a time in your life you could share?

6. The church at Mary's house prayed, and God answered their prayers so fantastically that they didn't believe it when the answer showed up! How then should we pray?

7. Pray: Divide into groups of 3 or 4. Pray for situations that are causing you anxiety. Give them to God who told you just enough about the future that you trust him.



NoteSheet

Sermon Outline

Take notes during the sermon to help you remember the main points.

HE GETS US: ANXIETY

Mark 14:32-36

1. It is OK to be “Not OK.”

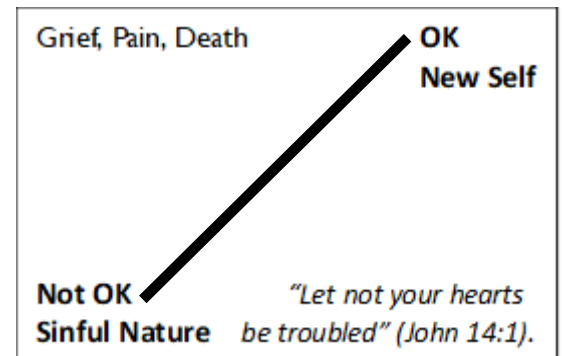
- a. Jesus was “Not OK” (Mark 14:34; Matthew 14:13).

During the days of Jesus’ life on earth, he offered up prayers and petitions with fervent cries and tears to the one who could save him from death (Hebrews 5:7).

- b. The OK / Not OK scale

- c. Jesus’ Active Obedience means you are OK.

Son though he was, he learned obedience from what he suffered and, once made perfect [complete as our Savior by his obedience], he became the source of eternal salvation for all who obey him (Hebrews 5:8-9).



2. It is OK / Not OK to be alone.

- a. OK to be alone.

Jesus often withdrew to lonely places and prayed (Luke 5:16).

“You will leave me all alone. Yet I am not alone, for my Father is with me” (John 16:32).

- b. Not OK to be alone.

“The devil... is a liar and the father of lies” (John 8:44).

Saul’s son Jonathan went to David... and helped him find strength in God (1 Samuel 23:16).

An angel from heaven appeared to him and strengthened him (Luke 22:43).

3. It is OK to give up.

- a. Not OK to give up in d_____

- b. OK to give up in s_____

Join the Conversation: Dave Panitzke will host community conversations to discuss the “He Gets Us” the ads at HeGetsUs.com. Use the QR code to register for a Community Conversation on Wednesday, September 27 at 6:30 pm on our Muskego campus, or Saturday, September 30 at 2:00 pm at our Bridge MKE campus. You can also register by noting on the Connection Card which conversation you will be attending.

