

OVERWHELMED

BIBLE READING PLAN

WEEK 3: May 7–13 I FEEL SO ANXIOUS

- Proverbs 3:1–8
- Philippians 4:4–20
- Luke 12:22–34
- Romans 8:18–29
- Isaiah 41:1–10
- 1 Peter 5:1–11
- Matthew 6:25–34

WEEK 4: May 14–20 I FEEL SO INADEQUATE

- Exodus 3:1–22
- Habakkuk 3:1–19
- John 21:1–25
- Isaiah 43:1–13
- Hebrews 11:1–40
- Philippians 1:3–11
- Romans 8:1–17



BAPTISM

June 25, 6:30pm, Excelsior Commons

Interested in being baptized? Sign up for a baptism class. Details and registration at westwoodcc.org.

SUNDAY SERVICE TIMES

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Chanhassen
8:15, 9:30, 11:00am
& 5:00pm

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Minnetonka
9:30 & 11:00am

.....

OVERWHELMED?



westwoodcc.org

Chanhassen • 952.224.7300
Minnetonka • 952.224.7400



MAY 7, 2017

OVERWHELMED

05.07.2017 • I FEEL SO ANXIOUS! • JOEL K. JOHNSON

WELCOME TO WESTWOOD!

Is this your first time here? So glad you came!

Welcome to Westwood! If you are unfamiliar with the flow of our service, here's the scoop: We begin with a few worship songs. The lyrics are found on the big screens. The songs are followed by a couple announcements, a time of prayer and offering. The sermon message is given, and the service typically concludes with a song.



Stop by the Info Spot before or after the service. We'd love to meet you, answer any questions you have, and give you some handy information. For kids and students, we offer great programs specially tailored to their ages. Our Westwood Kids' desk would be glad to help you. Come, let's give our love to God, who first loved us.



HELP LOCAL MOMS

The Garden of New Beginnings is our annual collection drive to bless our neighbors in need. You can pick up a flower with a donation request written on it. Purchase the item and return it to us. We'll get them to local agencies for distribution.

Chanhassen campus:

Pick up a flower from the Lower Level Link. Return donations by May 14.

Minnetonka campus:

Pick up a flower from the Info Spot. Donations must be returned May 7 or May 14.



COMMUNION TODAY

Today we will experience Communion. We invite everyone who is a follower of Jesus to participate. You do not need to be a member of Westwood.

In the morning services, the bread and cup are passed to you as you are seated. Hold each element until everyone has been served—then we eat and drink together. Gluten-free communion bread is available at usher stations.

In the evening service at our Chanhassen campus, we invite you to come forward to the stations at the front of the aisles. The first server will be holding a tray of bread. Choose a piece and move to the second server holding the cup. Dip your bread into the cup, eat and drink before returning to your seat, using the walkways behind the side tiers. Gluten-free communion bread is available at the front of the left side aisle.

CAMPUS EVENTS

For campus specific events, small groups and other ways to connect, visit westwoodcc.org

Philippians 4:6-9 (NIV)

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

⁸Finally, 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. ⁹Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

What is worry? "To strangle or choke" or "to be pulled in different directions"

How does God want us to deal with our anxiety?

- _____ be anxious about _____.
- _____ to God about _____.
- _____ God in all _____.
- _____ about good _____.



Get the *Overwhelmed* Bible Reading Plan at westwoodcc.org/readingplan or at the Info Spot and find daily readings that correspond to our message series.

Overwhelmed #3
“I Feel So Anxious”

1. What causes the greatest anxiety and worry in your life? What is worry?
2. Anxiety is part of our everyday life. Yet, Jesus commanded us, “Do not be anxious” 32 times. How do you view this as possible?
3. Paul the Apostle knew how to inflict people with anxiousness by persecuting Christians. Then Jesus comes to him, saves him, and commissions him as the missionary to the nations of the world. Jesus says to Paul that he will endure great suffering. He writes from a prison cell the book of joy that we know as Philippians. While in prison he gives four practices that will release anxiety in our life through God’s help and power. Read Philippians 4:6–9 (include verses 10–13). Review each practice and answer the questions. Each practice ends with an experiential exercise that your group leader can facilitate.

A. REFUSE TO WORRY ABOUT ANYTHING! Philippians 4:6a

1. Take a close look at verse 6. Do you think there is any place for worries? Why or why not? What does the passage say?
2. Why does Jesus say the reason for worry is our little faith? (Refer to “O men of little faith” (Matthew 6:30).
3. Practice application: Tell God what worry you are unloading to him.

B. PRAY ABOUT EVERYTHING! Philippians 4:6b

1. What are the references to prayer in verse 6?
2. Why is it that God wants us to bring requests? Why is it important that we include ‘everything’ – the clean and unclean, the good and bad?
3. Practice application: Talk to God about what is most important to you right now.

C. THANK GOD IN ALL THINGS! Philippians 4:6b

1. Have you done that? Is it easy or hard for you?
2. How does gratitude get used of God to diminish anxiety?
3. Practice application: Thank God for something or someone.

D. THINK ABOUT GOOD THINGS! Philippians 4:8-9

1. What happens to brain activity when we think about good things verses bad things?
2. Summarize the meaning of each of the things Paul calls us to think about?
3. What is the implication of these things as it relates to managing feelings and worry?
4. Practice application: Think about just good things for the next 60 seconds.

E. The Resulting Peace of God Philippians 4:7, 9

1. How can we best describe God’s peace?
2. Name four aspects of God’s peace from this verse.
3. Have you experienced this breakthrough prayer for God’s peace and provision?
4. Do you believe God’s peace can really be obtained?
5. What part of the prayer for peace is the hardest?