

HOPE Cycle 7: Anxiety and Worry

How to have a student-led club:

A student opens and closes meetings in prayer

A student explains the purpose of First Priority

Students read verses and questions for the week

A student shares his/her faith story and a student reads the gospel message on Engage Week

* **Remember to give the Challenge each week and encourage students to learn the memory verse.**

Memory Verse: Proverbs 3:5-6: Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

Week 1: HELP

Worry and Anxiety can negatively affect all aspects of our lives; but if we trust God, we can reduce worry knowing that He cares for us and is in control of our lives today and in the future.

1) Read **Matthew 6:25-27** and **34**. What does Jesus teach us in these verses about worry?

2) Name some present and future things that cause you to worry or to be fearful? How do you react to stress? How does it affect your attitude, health, friendships, school, etc?

3) Read **Mark 4:35-41**. How did the disciples react when their boat was caught in a storm? Why do you think they reacted this way, even though Jesus was with them? What did Jesus say was the reason for their fear?

4) Describe a time when you panicked about a situation, rather than placing your trust in God? How did that situation turn out and what did you learn from it?

5) Read **Deuteronomy 31:6** and **Psalm 46:1-3**. How can these verses **help** give you peace when you are worried or afraid?

Challenge: Pray for two friends who need to know Jesus

HELP Week Bible Verses

Matthew 6:25-27: Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? ²⁶Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? ²⁷Can any one of you by worrying add a single hour to your life^[a]?

Matthew 6:34: Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Mark 4:35-41: That day when evening came, he said to his disciples, "Let us go over to the other side."³⁶ Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. ³⁷A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. ³⁸Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, "Teacher, don't you care if we drown?"³⁹ He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm. ⁴⁰He said to his disciples, "Why are you so afraid? Do you still have no faith?"⁴¹ They were terrified and asked each other, "Who is this? Even the wind and the waves obey him!"

Deuteronomy 31:6: Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you."

Psalm 46:1-3: God is our refuge and strength, an ever-present help in trouble.

Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging.

Week 2: OVERCOME

1) Read **Joshua 1:7-9** to learn what God tells Joshua about fear and worry. (Joshua became Israel's leader after Moses' death, and led the Israelites back to the Promised Land by conquering their enemies along the way).

2) What does God tell Joshua to do in order to be "strong and courageous" and to **overcome** his fear?

3) How can being obedient to God and studying the bible conquer our worries? Describe a time when you conquered a stressful situation by focusing on God and His Word, rather than relying on your instincts, your friends' advice or your family's expectations.

4) Read **Psalm 56:3-4**, and **Proverbs 3:5-6**. What fearful or worrisome situations are preventing you from serving God and others? How do these verses strengthen your faith and help you **overcome** your anxieties?

Challenge: At the end of the meeting, gather in a circle and pray for each other.

OVERCOME Week Bible Verses

Joshua 1:7-9: “Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. ⁸ Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. ⁹ Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.”

Psalm 56:3-4: When I am afraid, I put my trust in you. In God, whose word I praise—in God I trust and am not afraid. What can mere mortals do to me?

Proverbs 3:5-6: Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. ^[a]

Week 3: PREPARE - How many students learned the memory verse?

- 1) What does **Philippians 4:6-7** and **1 Peter 5:7** tells us to do to have peace when we are anxious about something?
- 2) Who or what do you turn to when you are worried or stressed? Is your strategy successful?
- 3) What does it mean to give our worries and daily struggles to God? What worries will you give to God today and how can you encourage others to do the same?
- 4) How do the words of **Isaiah 14: 26-27** and **Jeremiah 29: 11-13** encourage you not to worry about the future?
- 5) As you **prepare** your faith story, share how your life has changed knowing that Sovereign God is in control of your life today and your future.

Challenge: Invite at least two friends to next week's Engage Week meeting.

PREPARE Week Bible Verses

Philippians 4:6-7: Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

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

Isaiah 14:26-27: I have a plan for the whole earth, a hand of judgment upon all the nations.

The LORD of Heaven's Armies has spoken—who can change his plans?

When his hand is raised, who can stop him?"

Jeremiah 29:11-13: For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future. ¹² Then you will call on me and come and pray to me, and I will listen to you.

¹³ You will seek me and find me when you seek me with all your heart.

Week 4: ENGAGE

Use your faith story to **ENGAGE** your campus for Christ. Share the gospel message and invitation (see below). Please remember to use the Student Response Cards (found on our website under Students tab), and to report attendance and decisions (on the phone app).

Challenge: Invite two friends to your youth group or church this week.

Gospel Message (To be read aloud to the group):

- **A – Admit:** Admit that you are a sinner and that sin has separated you from God.
- **B – Believe:** Believe in Jesus and put your trust in Him. Christ's death on a cross two thousand years ago was an act of selfless love, and HE made it possible for all people to encounter God.
- **C – Confess:** Confess Christ Jesus as your Lord and Savior. This means acknowledging that you want Him in your life.

Invitation/Prayer (ask students to bow their heads):

If this message is speaking to you today, and you want to trust in Jesus as your Savior then pray this simple prayer to yourself: Dear Lord, I admit that I have sinned and this has separated me from you. But, I believe that through you I can be forgiven. Today, I pray that you will come into my life and help me to trust in you. In Jesus' name I pray. Amen.

Follow UP Plan:

Once you've shared the gospel and invitation, collect the Student Response Cards (can be downloaded from the First Priority website) and then follow these steps:

1. Student leaders commit to praying for and contacting any student who has made a decision for Christ and/or has questions.
2. When contacting these students, student leaders will want to:
 - Answer any questions they may have
 - Offer to pray for them
 - Invite them to the next week's HELP Week meeting
 - Invite them to your church, if they don't have one
3. Return all Student Response cards to the group president or teachers sponsor (Response cards or information on the cards must never be given to an outside adult or organization/ church)

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