

Transform Practices: Trust (Living in peace)

This week we're looking at how we grow in the living in the protective peace of God, rather than the perpetual state of anxiety. The spiritual practice that can help us gain victory in the midst of our anxiety is that of trust or belief. We need to learn how to surrender our own 'rule' and trust in God's loving rule for our lives. However, we will only be able to do that when we are fully convinced that God is everything He says He is. And we'll only get there by seeking Him and immersing ourselves in gospel truth.

PRACTICE 1 – SOURCES AND SYMPTOMS OF ANXIETY							
Take some time to consider the lists below and identify the most common sources and symptoms of anxiety for you.							
A Sources of anxiety							
Finances		Health (myself of loved ones)		Relationships		Studying / Work	
The future		The Past		People I don't know		Global instability	
Physical / emotional trauma		Family wellbeing		Large groups		Travelling	
Uncertainty		New situations		Housing problems		Things going wrong.	
Loneliness		Relational conflict		Criticism		Failure	
Bereavement		Doing / Getting things wrong		Experiencing prejudice		Perfectionism	
Change		Guilt / Shame		Being vulnerable		Body image	
Exams / Tests		Other (Note down)					
B Symptoms of anxiety							
Tense and on edge		Sweaty, cold, clammy hands		Dry mouth		Irritable	
Panic attacks		Fearful / easily alarmed		Headaches / neck pain		Nightmares	
Digestive problems		Difficulty concentrating		Unable to relax		Heart racing / palpitations	
Trouble sleeping or staying awake		Lethargic		Shortness or breath / choking feelings		Feelings of futility	
Nausea		Dizziness		Pins and needles		Rushing	
Relationally distant		Struggle to worship / pray		Anger		Small challenges feel overwhelming	
C REFLECTION & RESPONSE							
<p>On your own or in your discipleship group, of with a trusted friend, spend some time reflecting upon the sources and symptoms of your anxiety:</p> <ul style="list-style-type: none"> - What do they tell you about what is most important to you? - What idols do they potentially reveal? - What lies about God are at the root of them and what truth do you need to take hold of to combat anxiety? <p>Spend some time praying through your responses.</p>							

PRACTICE 2 – GOSPEL-CENTRED VIGILANCE¹

In Paul's letter to the Philippians he seeks to teach how gospel-centred living empowers God's people to experience victory together in anxiety. Paul frames his entire letter against the backdrop of helping Christ-followers to remain vigilant and 'stand firm' (Phil. 4:1) when everything inside and outside screams 'Retreat!'

Below is a list of six principles that can help you experience victory in anxiety. Take some time to read through the scriptures and answer the questions.

1	GUARD YOUR RELATIONSHIP WITH GOD Read: Phil 1:6, Phil 2:12-15, Phil. 3:7-11, Phil 3:14-21 What do these passages say about the security and worth of our relationship with God?
2	COMMIT TO MATURE RELATIONSHIPS WITH GOD'S PEOPLE Read: Phil 1:3-5, Phil. 1:7-9, Phil 1:27, Phil. 2:1-5, Phil. 2:19-24 What do these passages tell us about the importance of one-another connections?
3	CLING TO YOUR IDENTITY IN CHRIST Read Phil 1:1-2, Phil. 1:10-11, Phil 3:1-7, Phil. 4:7, Phil. 4:19 What do these verses tell you about your identity in Christ?
4	PUT ON THE MIND OF CHRIST Read: Phil. 1:12-14, Phil. 3:19-20, Phil. 4:8-9, Phil. 4:11-13 What do these verses tell us about the importance of putting on the mind of Christ and the perspective it brings?
5	PRACTICE WHAT YOU PREACH Read: Phil. 4:1-9, Phil. 4:13 What practical things does Paul tell us to do to have victory in anxiety? What place do these things have in your life?
6	SOOTH YOUR SOUL IN THE SAVIOUR Read: Phil. 1:27-30, Phil. 2:19, Phil. 2:27-28, Phil. 4:10-13 What do these verses tell us about the reality / place of emotions and how we respond to them?

¹ Adapted from Anxiety: Anatomy & Cure, The Gospel for Real Life series, Robert Kellerman