

# ANTIDOTE.....

## Week 2

### Look Back:

What did you learn and do after consciously processing a feeling of anxiety and creating an action plan to address it?

### Look Up:

#### Read [1 Peter 5:5-11](#)

1. What does Peter tell us to humble ourselves “under” in verse 6? Why does he describe God this way?
2. How does Peter say God responds to our humility in verse 6? What does this say about God’s power and ability?
3. List the different things that Peter says people are responsible for doing in these verses. What does he say that God is responsible for? Why is it important for people to recognize and accept the differences?

#### Read [Matthew 14:24-31](#)

4. Describe the challenge the disciples were facing in verse 24. How “real” was the problem and how did they respond?
5. How did the disciples’ situation change in verses 25-26? How “real” was this problem, and what are some different reasons they may have responded this way?
6. In verse 30, how did Peter respond when he realized that he was no longer in control of his situation? What does this say about Peter and Jesus?

### Overall (Discovery Bible Study)

- What do these scriptures say about God?
- What do they say about people?
- How will I apply this to my life?

### Look Ahead:

In what way is anxiety a sign of your lack of control over your life? Do you have a responsibility to take action in that area of your life? How and when will you trust God in that area?

### Notes

It is natural to want control over your life and be anxious when life seems out of control. However, it can often be difficult to draw the line between responsibility and control. Our circumstances can make it tough and we need to remind ourselves that we are not responsible for the circumstances. We are responsible for our attitude and effort. When circumstances make it rough, we need to remember that we are not in control and turn to God with an attitude of humility.

