

ANTIDOTE.....

Week 3

Look Back:

What did you do to take responsibility for trusting God in an area that has been causing anxiety?

Look Up:

Read [1 Peter 5:6-7](#) and [Luke 5:1-11](#)

1. The event described by Luke happened at the beginning of Jesus' teaching and involved Simon Peter, the author of 1 Peter. What was Peter's initial response to Jesus in the first part of Luke 5:5? What was he focused on, and what was he anxious about?
2. Based on the second part of Luke 5:5, why did Peter agree to let the nets down? What did this require of Peter, and how does this show that he was personally committed to what he taught in 1 Peter 5:6?
3. What was Peter anxious about in Luke 5:8? What happened to change his perspective? How can you apply this truth in your life right now?

Read [Philippians 4:8-9](#), [Jeremiah 29:11](#), [Proverbs 3:5-6](#), [John 14:6](#) & [2 Timothy 1:7](#)

4. How easy is it for you to fix your thoughts on the things listed by Paul in Philippians 4:8-9? What helps you stay focused on these things?
5. Why does Paul stress the need for us to put into practice what we have learned? How can this help overcome anxiety?
6. What other Bible verses help you fix your thoughts on the power, promises, and truths of God?

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:

How do you respond when anxiety comes your way? What will you do to fix your eyes on Jesus and the promises made in the Bible?

Notes

Paul challenges us to be deliberately consistent in our approach to anxious thoughts and not cast them blindly at whatever looks good. We need to be deliberate in our thoughts and actions. Prayer takes our mind off of what we are afraid of, for God has not given us a spirit of fear but of power and of love and of a sound mind. Keep putting into practice all you learned today, tomorrow, and the rest of the week. Because if you stop practicing you will default back to your old ways of thinking.

