

Battlefield 3 (Anxiety) – Leader’s Guide

- 1. How does the devil attack us? (He lies, accuses us, and deceives us. He brings negative thoughts and anxiety to our minds.)**
- 2. What is anxiety? (Worry, lack of peace, fear, uneasiness, dread.)**
- 3. What does the Bible say about worry? See Philippians 4:6. (It says we shouldn’t be worried about ANYTHING!)**
- 4. Was Jesus anxious? Explain. (No! He stayed peaceful when people tried to stone him and when they told lies about him at his trial.)**
- 5. The night before Jesus died, He told his followers He was leaving them a gift. What was it? See John 14:27. (He left them with the gift of peace.)**
- 6. How does the world try to give us peace? (The world gives peace that doesn’t last- through TV, excessive drinking, drugs, sex, nature, or sports.)**
- 7. We may feel anxiety if we’re not at peace with God. Why is this? (We are not at peace with God because our sin separates us from Him. We may feel shame, guilt, or embarrassment because we’ve done wrong.)**
- 8. How can we find peace with God according to Romans 5:1? (We are made right with God by believing in the sacrifice of Jesus for us on the cross. Jesus died to forgive all our sin.)**
- 9. According to the video, why might believers experience anxiety? (Believers may doubt the power of Jesus’ blood to clean them. They can turn away from God. See Hebrews 3:12.)**
- 10. What positive things happen to us if we believe? See 2 Corinthians 5:21. (God erases all our failures and puts Jesus’ perfect A+ record in our book.)**
- 11. What should Christians do if they sin? See 1 John 1:9. (Confess to God.)**
- 12. What should we do if our anxiety is coming from a problem? See Philippians 4:6-7. (We should let go of the problem and put it in God’s hands. We should thank God that He’s taking care of it.)**
- 13. How should we pray about a problem? (We should pray specifically, not generally. We should be honest and talk to God like a friend.)**

**14. Have you ever let go of a problem and given it to God? What happened?
(Answers will vary. Some people might have let go of a problem and then taken it back and started worrying again. Some may have found that God helped them and gave them peace.)**