

**PART 1: Escape**

**DATE: 09-25-2022**

## START

We all fear something. Maybe you fear spiders, mice, or creepy crawlers. Maybe you fear tight spaces, heights, or water. Maybe you fear getting sick, losing your job, or something happening to a loved one. Whatever it, we all have something that keeps us awake at night.

- What do you fear?
- How do you normally deal with your fears?
- How has your fears created anxiety in your life?

## READ

[1 Kings 19:2-3](#) (NIV)

“So Jezebel sent a messenger to Elijah to say, “May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them.” Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there”

## THINK

While we use the terms fear and anxiety interchangeably at times they are actually different. Fear is what arises within us when we **see** a threat. Anxiety is what arises when we **think** there is a threat. These both cause the same physical response in our bodies. But oftentimes fear is based on what’s in front of us and anxiety is based on the “what if” situation in life.

- How have you seen the difference between anxiety and fear in your life?
- Are your fears or anxieties rational or irrational?
- What have you used to escape from your anxieties?

When it comes to anxiety in our life it can easily take over our thoughts if we allow it to. When anxiety strikes we must recognize and relax. Recognize what is happening, recognize our thoughts, and recognize that our anxiety doesn’t have to control us. Then relax through breathing, counting, or shaping our thoughts on positive things in our life.

- What are some ways you can recognize what’s going on when anxiety creeps up?
- What are some ways you can relax when you are faced with anxiety?
- How can dwelling on God’s promises help us face our anxiety?

## PRAY

“God, allow me to recognize when anxiety begins to take over in my body. Help to recognize what is going on and I can confront it. Remind me of your promises to help me relax.

## ACT

This week, think of some relaxation techniques to help you face your anxiety. Here are some ideas: Using some breathing exercises. Visualize a relaxing place. Do some stretches to relax your muscles. Relax by counting.

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