

Rising Waters Steady Faith Discussion Questions Week Three

- 1) On page 30 of the From the Inside Out Journal, we learn the sources Henri Nouwen believes people often draw their sense of identity and self-worth:
 - a. Accomplishments (you are what you do)
 - b. Ownership (you are what you possess: stuff, health, appearance)
 - c. Reputation (you are what others say about you)Honestly assess where you draw your self-worth. Does one or more of these sources ring true to you? If so, which one(s) and why?
- 2) On page 32 of the From the Inside Out Journal, we learn that if we remember we are created in God's image, we might treat ourselves more gently. We also know that we might offer others more grace if we consider them as image-bearers. At Central, we say at the end of every service that we are a church that Loves God and Loves People. How is the image-bearer truth about us and others essential to living out Loving God and People?
- 3) In Pastor Aaron's message this week, he stated that people rarely share what is going on deep inside with others. Sadly, we have been taught to believe the church is the place where we have it all together, but anxiety only rises when we keep our struggles quiet. How does learning our identity as children of God help us be honest with one another?
- 4) Pastor Aaron reveals in the message how some people treat anxiety the "all religious way," and some people treat anxiety the "all medicine way." He shared his story of how both ways provided hope for him when he experienced anxiety in seminary. Why are both options beneficial?
- 5) Isaiah 54:10: "'For the mountains may depart and the hills be removed, but my steadfast love shall not depart from you, and my covenant of peace shall not be removed,' says the LORD, who has compassion on you." Read page 34 in the From the Inside Out Journal, which quotes this Scripture passage. How is learning God created each of us in love an essential piece to heal from anxiety?
- 6) It is human nature to become self-focused. Martin Luther writes (quoted on page 36), "Scripture describes man as so curved in upon himself that he uses not only physical but even spiritual goods for his own purposes and in all things seeks only himself." How does self-focus move us toward a more anxious life?
- 7) Pastor Aaron's message ends with three practical ways to look outside ourselves: (1) Get someone else's perspective. (2) Go outside. (3) Do something for someone else. Which one of these will you try this week?
- 8) Pastor Aaron ended his message with these scriptural truths:
 - ~You say, "I am weak." God says, "I've made you strong!" Psalm 18:32
 - ~You say, "I'm broken. God says, "I've made you whole!" Colossians 2:10
 - ~You say, "I am all alone." God says, "I'm always with you!" Joshua 1:9
 - ~You say, "I have failed." God says, "You are victorious in Christ!" 1 Corinthians 15:57
 - ~You say, "I am worthless." God says, "Jesus died because you are worth it all!" John 3:16
 - ~You say, "I am nothing special." God says, "You are wonderfully made!" Psalm 139:14
 - ~You say, "I am worried, anxious & afraid." God says, "With me, you can know my peace." John 14:27Which Scripture speaks most to you right now? Why? Spend time in prayer and

ask God to renew your mind and help you believe His truth. For groups, assign each person in your group a prayer partner. Have the prayer partners exchange cards with a Scripture from above that they would like prayed over them this week.