



Overcoming Anxiety and Lies of the Enemy Discussion Guide

Opening Prayer:

Heavenly Father, thank you for the gift of my life. Thank you for the gift of my emotions, my heart, my mind, all my complexities. Lord, I ask that You shine Your light within me and reveal to me the Truth of who I am in You. Surface the lies of the enemy that may have a grip on my heart and cause me to feel anxious, unworthy or like I am not enough. I believe that Your Will for me is peace, even peace that surpasses all understanding and circumstance. Jesus, I surrender myself to You, take care of everything! I pray in Jesus' name, Amen!

Check-In:

Does everyone know each other? If not, introduce yourselves and perhaps respond to one of the ice breaker questions below (or other ice breaker as prepared by your hostess).

- favorite way to spend a free afternoon
- patron saint or special bible passage
- what you hope to learn or gain through this Sisterhood Chat experience

For Discussion:

Kate identified herself as "a failure." What have you believed about yourself that has led you to feel oppressed in some way, that is, anxious, unworthy, less than, etc.? [video time 3:00 - 4:00](#)
A few common lies about our identity include: failure, not _____ enough (smart, strong, thin, competent...), everyone else has it all together and there must be something wrong with me.

What do you think of the idea of our thought patterns and our negative self-talk having a spiritual component? Is this a new idea for you? [video time 10:08 - 12:17](#)

“The peace of God, which is far beyond your understanding, will guard your heart.” – Philippians 4:7
When have you experienced a deep sense of God’s peace in your heart?

Kate’s take-aways:

1. Make an act of surrender and be willing to listen to the nudgings of the Holy Spirit, even when the path looks different from the path you had imagined. (i.e.: Kate accepting the invitation to the retreat, her being willing to talk about her father and heal from her father wound).
[video time 20:35 - 22:15](#)
2. Fix your eyes on Jesus. Fix your thoughts on Jesus. Ask Him to remove the thoughts from your mind that get in your way of taking hold of greater freedom. Write them down. Give them to the Lord. Replace them with new, affirming and supportive thoughts. [video time 26:00 - 28:00](#)
3. Know the Truth of who you! Beloved. Chosen. Treasured daughter of the King of kings! Go around the circle and each of you claim out loud one Truth about your identity (i.e. “I am Beloved.” “I am cherished by God the Father.”)

What else stands out for you from the video?

What questions do you have? In addition to discussing them with your sisters here, take your questions to the Lord. Write them down and go sit with Him in the Blessed Sacrament. Know that we will be praying for you!

IMPORTANT NOTE: An all-too-common underlying cause of our oppression is occult activity. And, as Kate's story reveals, we may not have personally participated in the occult activity, but we can become bound by familial and generational occult activity. If this is an area you feel called to look into, please don't hesitate to contact us. We will schedule a time to get on a video chat with you and pray through the Unbound model of deliverance and freedom. In the meantime, we highly suggest reading the book: [Unbound, a Practical Guide to Deliverance](#)

Closing Prayer:

Heavenly Father, thank You for your incredible love for me. Your love is the most powerful force in the universe and this power is not separate from me. By the power of Your love, may I be set free from lies, old wounds, and obstacles to deeper faith. Lord, by Your grace, I will allow the truth that I am Your Beloved daughter be the most present reality in my daily life. Teach me to say an authoritative NO to all forces, in or around me, that contradict my true identity. I pray in Jesus' name, Amen.

Closing Song:

Stand in Your Love by Josh Baldwin: <https://www.youtube.com/watch?v=AuMBm1c7u2U>

Watch all of our videos at our YouTube Channel:

https://www.youtube.com/channel/UCQy4WfN7Sq_AzMTd1ohWrLg

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