

## **“No More Hiding”**

### **(Leader Guide)**

**Main text:** Genesis 3:8–10

**Supporting Scriptures:** Philippians 4:6–8; 1 Peter 5:7; 2 Timothy 1:7

**Main idea:** “Pressure may be present, but it does not have to control us. We can bring our burdens to God, renew our minds, and walk in His peace.”

### **Opening**

Welcome everyone and say: “Hello everyone we are talking about stress, anxiety, pressure, and mental battles. God does not ask us to pretend that everything is fine. He invites us to bring our burdens to Him and trust His presence.”

Open with prayer, asking God for honesty, peace, wisdom, and encouragement.

### **Icebreaker**

#### **Ask:**

- When you are under stress, do you usually talk, withdraw, become quiet, or try to control everything?
  - What is one thing that helps you experience peace?
- (Allow a few people to respond.)

### **Read the Word**

Read **Genesis 3:8–10**: “And the LORD God called unto Adam, and said unto him, Where art thou? And he said, I was afraid, and I hid myself.”

Then read: **1 Peter 5:7** “Casting all your care upon him; for he cares for you.” —

**2 Timothy 1:7** “For God has not given us the spirit of fear; but of power, and of love, and of a sound mind.”

### **Teaching Summary**

#### **1. Pressure can make us hide.**

Adam was afraid, so he hid from God. Stress and shame can cause people to hide their pain, fears, struggles, and need for help. But God knew where Adam was and still called for him. “God is not afraid of the place where you are struggling.”

#### **2. God is not against us.**

**Romans 8:31** says: “If God be for us, who can be against us?”

Our struggles do not mean God has abandoned us. He corrects us, strengthens us, and remains with us. Conviction brings us back to God. Condemnation makes us hide from God.

### **3. Turn pressure into prayer.**

**First Peter 5:7** tells us to cast our cares on the Lord because He cares for us.

Prayer means giving God what we cannot control. We do not have to carry every burden alone.

**Philippians 4:7** promises that God's peace will guard our hearts and minds through Christ Jesus.

### **4. Renew your mind.**

Not every thought deserves agreement. We can acknowledge a fearful thought without allowing it to control us.

God has given us power, love, and a sound mind.

The question is not only, "What am I thinking?" The question is, "What does God say?"

### **Discussion**

Use these questions:

- What causes people to hide when they are under pressure?
- Why is it sometimes difficult to be honest with God or others?
- What is the difference between conviction and condemnation?
- What burden do you need to place in God's hands?
- What fearful thought needs to be replaced with God's truth?
- Which Scripture from tonight's discussion encourages you most?

### **Personal Application**

Ask everyone to complete these statements:

- When I am under pressure, I usually \_\_\_\_\_.
- God is inviting me to \_\_\_\_\_.
- The truth I need to remember is \_\_\_\_\_.
- This week, I will \_\_\_\_\_.

### **Encourage practical responses such as:**

- Spending time in prayer
- Memorizing Philippians 4:6–7
- Asking a trusted believer for prayer
- Taking time to rest
- Seeking wise pastoral or professional support
- Replacing fearful thoughts with Scripture

**Prayer Activity**

Ask each person to silently identify one burden they want to surrender to God.

Say: "You do not have to share the details unless you want to. Simply bring that burden before the Lord and choose to trust Him with it."

**Pray:** "Father, we give You every burden, fear, anxious thought, and mental battle. Help us come out of hiding and trust Your presence. Guard our hearts and minds with Your peace. Give us power, love, and a sound mind. Teach us to cast our cares on You because You care for us. In Jesus' name, amen."

**Closing Declaration**

Have everyone repeat: "I belong to Jesus Christ. I am not alone. God is with me in the pressure. I do not have to hide. I cast my cares upon the Lord. God has given me power, love, and a sound mind. Fear will not rule me. Anxiety will not define me. I will trust God and walk in His peace. Jesus is Lord."

**Leader's Closing**

"Pressure may be present, but it does not have to be in control. This week, come out of hiding, bring your burdens to God, renew your mind with His Word, and trust the peace of Jesus Christ."