

Emotions Week Two: "Why am I so anxious?"

Discussion Questions:

- 1.) In the message, Pastor Aaron mentioned two ways we typically deal with anxiety. The first is the all-spiritual way, believing if we experience anxiety, it is because we lack faith. The second is the all-medicine way, thinking a pill will solve the anxiety without talking with anyone or seeking any other assistance. Have you, a family member, or a friend followed either of these paths? How did isolating the problem to one remedy work in the situation? Why is integrating a spiritual alongside a medical path important for healing? **Counseling and anxiety medications are a gift if needed. Please do not feel shame for seeking counseling and/or medical attention.*
- 2.) Read Luke 22:39-46. Have you ever considered Jesus experiencing anxiety? Ponder Jesus' in the garden. Pastor Aaron asked in the message, "When Jesus was anxious, what did He do?" Read Mark 14:32-42. In the passages in Luke and Mark, we learn that Jesus talked to people He trusted and spoke in honest prayer with God. How can you better implement Jesus' example when you experience anxiety?
- 3.) Jesus modeled how important it is to be honest about our feelings with God and one another but not let our emotions control our decisions. Following our feelings will lead us to satisfy our anxiety through food, drink, television, shopping, video games, and other ways. Food, drink, television, shopping, and video games aren't bad for us, but if we overdo any of these things to find peace, we will only make our anxiety worse in the end. The peace we long for is found in God, but it requires us to continually turn to Him in trust and love through reading His word and praying honest prayers. Where are you overdoing it in pursuit of peace from anxiety? What step is God leading you to take?
- 4.) Philippians 4:6-7 is a verse we can turn to with God in our anxiety. Take a moment to write out this verse and place it on your refrigerator, bathroom mirror, car dashboard, or somewhere else you can view it often. How can you open your heart in honest prayer while at the same time recognizing with thanksgiving how God has worked in the past? Sometimes, it helps to write out a list of remembrances so that in anxious moments, you can recall how God has taken care of you in the past. Make a list and place it where you can review it as needed. Spend time in honest prayer about your anxiety and share with God how you have recognized His care in your life.