



ANXIOUS

for nothing

Anxious for Nothing

Week one - "Name It"

Philippians 4:5-7 and 2 Corinthians 10:3-5

Bottom line: Anxiety thrives in silence and avoidance and so we need to talk about it and name the things we're thinking as correctly as possible.

1. How have you personally experienced anxiety? Is there part of the anxiety cycle you relate to most?
2. How have people close to you experienced anxiety?
3. This is a sensitive topic so let's have some fun along the way: Play a game of "worst-case scenario" with your group. Go around the room and share a worst-case scenario you've thought about in recent weeks. See who can come up with the craziest, most unlikely possibility.
4. In what ways are you tempted to increase the likelihood of a worst-case scenario in your mind, and downplay the more likely scenarios? How does it help to label "worst-case scenarios" as the worst-case scenarios when they come to mind?
5. Read Philippians 4:5-7.
 - a. How is bringing our prayers and petitions to God a way of naming our anxiety?
 - b. Paul uses the phrase, "in every situation" to instruct the Philippians on bringing their requests to God. What situations do you think they may have been avoiding or not bringing up? What situations are we tempted to avoid or stay silent in our own prayers, or with the prayers we ask of others?
6. Read 2 Corinthians 10:3-5
 - a. What is the difference between behavior modification and spiritual transformation?
 - b. What weapons or tools do we have available to us as followers of Jesus?

- c. How do you understand the idea of taking your thoughts captive and making them obedient to Christ?
7. As you pray with and for each other this week, share some of the anxious thoughts you may be having that others can take to God on your behalf.

Recommended Resources:

“The Worry-Free Parent: Living in Confidence So Your Kids Can Too” by Sissy Goff

Understanding the Anxiety cycle - [▶ What is the Cycle of Anxiety?](#)