

Sermon Study | The Way Back From Anxiety | Luke 1:26-38 December 8, 2019

Dive deeper into this week's message and passages from the Bible. Here are some questions to help you guide your group discussion.

**Note to Leaders: Spend some time reading these verses together as a group. Maybe read them out loud or in a few different versions. Or print off the Scripture and take time as a group to underline and circle certain repeated words or things that stand out to you. You may also want to start off or end your time by checking in on anything that stood out from the sermon in general and/or the Daily Bible Readings over the course of the week!*

Warm-up Question: What seems to be the biggest cause of anxiety in your life?

Sermon Review: Isolation, insignificance, and insecurity are a recipe for anxiety. To experience anxiety at any level is normal. Anxiety will often feel like you're stuck in a pit with no way out, but it is more like a tunnel with a light at the end. Two practical things you can do are to create new pathways in your brain are: replace your bible reading with bible engagement and invest in life giving relationships.

Read Luke 1:26-38

- According to verses 29 and 34, Mary has some fear, confusion, and anxiety swirling around in her mind. In what area of your life right now are you experiencing a 'but how can this happen' moment?
- Isolation, insignificance, and insecurity are three main triggers for anxiety in our lives today and Mary probably experienced all three as well. Who will stand by me through this? Who am I to handle this job or task? How will this all work out and will God provide? Share about a time when you experienced one of these triggers.
- How is the power of the Christmas story found in *how* it happened, not just *what* happened? How does it help you?
- Mary's third and final response to the angel in verse 38 is astounding. How does her example help you deal with your anxiety?

Read Philippians 4:6-9

- How do these verses give us practical instruction on how to handle anxiety?
- What promises are included?
- How can you begin to put verse 8 into practice and start rewiring the pathways of your brain? What can you do to not allow certain thoughts to 'land' in your mind?
- Since engaging with your bible and investing in life-giving relationships are two practical ways to carry this verse out, share how you can improve in either or both areas.

REFLECT

- What is God saying to you through His word? How and when will you respond?

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