



RX FOR ANXIETY

Founding Pastor Ken Werlein
Sunday, February 7

1. **Intro:** When was a moment of stress, anxiety, and/or worry you had in the last week?

2. Why do you think anxiety and worry are at epidemic levels in our society today?

3. **Read Philippians 4:4-9.**
 - a. How can knowing that the Lord is near help us Relax?

 - b. Make a list of all of the things causing you anxiety or stress. Then, Release to God by writing out a prayer for each item. Share with your group about that experience.

 - c. What does it mean to Receive God's peace and let it guard or protect you?

 - d. How can you Refocus your attention on what is true, honorable, right, pure, lovely, and excellent? Are there any particular truths of Scripture that address your anxieties? What can you do remind yourself of those things this week?

QUESTIONS FOR KIDS

1. What is making you worried or anxious? Tell God!

2. **Read Philippians 4:8.** Make a list of those things.

3. God is bigger than any worry, talk to Him and tell him what's in your heart. He loves you!