

**Series: “Triggered”**  
**Sunday Message: “Triggered by Anxiety”**  
October 23, 2022  
By Brent Knox

**Icebreaker:** Have you “lost” any sleep this past week? this past year? Why?

**Sermon in a Sentence:**

Anxiety is healed when we trust that God works EVERYTHING out for good.

**General Discussion [Groups of 4]:**

Read Romans 8:18-30.

1. What does it mean that creation is groaning (v.22)?
2. What does it mean that we are groaning (v. 23)? For you moms, please compare the “pains of childbirth” with “groanings.” In what ways have you “groaned” in your life?
3. How does the idea of “groaning” help you with the issue of anxiety?
4. How does the Spirit help you (vv.26-27)?
5. How does verse 28 help you with anxiety?
6. When has it been the hardest for you to believe verse 28?

Read Romans 8:31-38.

7. How could these verses comfort you when you are anxious?

**Gospel-Centered Discussion.**

8. One of the great sources of anxiety is feeling unaccepted (criticized, rejected, shamed) by people or by God. How does the cross solve this anxiety (vv. 31-34)?

**Application Discussion.**

Apply the ICR technique to anxiety.

( I-Identify the lie / C-Confront the lie / R-Replace the lie with truth )

9. Which lie generates the most anxiety for you?
  - *“My well-being is up to me.”*
  - *“I am not safe.”*
  - *“I am alone.”*
  - *“Things just go wrong for me. I deserve to have life go wrong.”*
  - *“I have too much to do in too little time.”*
  - *“I don’t have enough money.”*
  - \_\_\_\_\_ (Another?)

10. Which truth from Romans 8 (or other Scripture) would help replace the lie you chose above?

Please pray for the person on your right and ask God to help them identify the lie, confront it, then replace the lie with truth.