

# Message Series: I'm Okay, I'm Okay...Everything's Fine

## Message Title: Anxiety

### **Icebreaker:**

We can all remember times in middle and high school where we let anxiety get the best of us - some of these are probably humorous to us now! What do you remember as the thing that caused the most anxiety of your growing up? (Grades, sports, social situation, etc.)

### **Discussion:**

There is so much in our life that causes anxiety. The sermon this week is not to address clinical anxiety, but rather the everyday anxiety caused by circumstances in our life. Clinical anxiety begs the help of counseling or medical professions. If this is your battle, we encourage you to get the help you need! Contact the office for a list of resources and referrals. Anxiety is a serious thing. Not just for those who struggle with it on a clinical level, but for all of us. Everyone battles anxiety to some extent.

What are things in your life that cause every day anxiety?

*Read Philippians 4:4-7 together as a group.* How does it say about how to deal with anxiety?

What do you identify as the biggest obstacle to genuine praise in your life? (Business, self-reliance, an inability to see God for who he is, etc.)

*Read Psalm 121 together as a group.* What about this Psalm stands out to you? What does this tell us about how we should praise and deal with anxiety?

### **Wrap Up:**

Where in your life have you let anxiety begin to take root and steal joy in your life? Which of the three "R's" (recognition, reliance, rest) do you most need to implement back into your life?

As a group - how can you hold each other accountable to taking captive the anxiety in your life?