

GROUP DISCUSSION QUESTIONS

TRAVELING LIGHT

1/25/26

Anxiety as an Alarm:

If you look at anxiety as a “smoke alarm” rather than an identity, how does this perspective change the way you think about your own anxiety? What might your anxiety be trying to alert you to right now?

Presence vs. Prison:

Max Lucado says, *“The presence of anxiety is unavoidable, but the prison of anxiety is optional.”* What do you think it looks like to experience anxiety without living in the prison of it?

Control and Anxiety:

“Anxiety increases as our need to be in control increases.” Where in your life do you most struggle with control, and how might that be connected to your anxiety?

The Two Pillars:

Peace is found between trusting God’s **goodness** and God’s **control**. Which of these pillars is harder for you to trust right now, and why?

Ocean vs. Pillars:

The imagery of being “out in the ocean of anxiety” is used throughout the message. What waves are crashing in your life right now, and what would it practically look like for you to step back between the pillars?

Gentleness in Deviations:

Philippians 4:5 talks about gentleness—being tolerant when life doesn’t go as planned. How do you usually respond when life deviates from your expectations? What might change if you truly believed “the Lord is near”?

Anxiety as an Invitation:

Have you ever thought that anxiety might be a door, not a wall, inviting us into deeper trust with God. Have you ever experienced growth, clarity, or closeness with God through a season of anxiety? What might God be inviting you into now?