

WHAT TO DO WHEN YOU'RE ANXIOUS

DISCUSSION GUIDE



LOVE GOD. LOVE PEOPLE.

SUMMARY:

If you struggle with anxiety, you're not alone. According to the National Alliance on Mental Illness (NAMI), more than 40 million adults in the U.S. (19.1%) have an anxiety disorder. Many of us struggle with the guilt of our past or the uncertainty of our future. We worry about all the many "what ifs" in life. But what does the Bible say about it all? What hope does Scripture give us? Philippians 4:6 prepares us with the tools to fight back in the war going on in our minds. Through prayer and thanksgiving, and by giving our thoughts over to God, we can begin to see victory in the area of anxiety. With Jesus, there's always hope.

Key Passage: Philippians 4:6

Be sure to read this Scripture passage together before you proceed to the "Grow" section of our study.

QUESTIONS FOR REFLECTION AND DISCUSSION

KNOW: Spend some time finding out how everyone's week has gone.

The questions in this section provide a guide for connectivity; feel free to approach this part of your group time organically over a meal or "connection" activity or with questions appropriate to your context.

What is something that you are thankful for this week?

What is something that is causing you stress or concern this week?

Who in your life is in need of prayer, physical help, or emotional encouragement right now?

GROW: Grow in the Lord as you engage His Word together.

What are some things that make you anxious? Share them with the group and talk about what you do to overcome the anxiousness.

According to Philippians 4:6, what does this verse prescribe as the alternative to your worry?

Read Philippians 4:7. What is the promise of verse 7 linked with verse 6's prescription? What does it mean to you?

How does your circumstance look different when you face it with worry compared to facing it as God prescribes in the text?

GO: Talk through ways you can put what you've learned into practice.

What does it look like in real, practical ways this next week to put the principles in this text in to practice and experience the promise of peace with God?

Is there a trial in your life that has brought a spirit of thankfulness because it's drawn you closer to God?

It's been said that "Anything powerful God will do in your life; He'll do it through prayer." Close out the group with sharing requests that have been answered by God recently and take time to praise Him for it.