



DISCUSSION GUIDE – DEALING WITH ANXIETY

Icebreaker (5 min): Share your name and where you are from. What was the location of your favorite vacation? In 20-30 seconds, what did you see that made it so memorable?

1. What stood out to you from the message tonight? (What was helpful? What did you appreciate? What questions came to mind as you listened?)
2. On a scale of 1-10 how much do your peers struggle with anxiety?

In what ways have you struggled with anxiety, or do you have a particular mountain-shaking moment you remember?

3. God is an ever-present help. Share a time when you were thankful because you knew God was there with you.
4. When things go wrong in your life—what/who do you go to first?

See if you can remember as a group the first verse of “What a Friend We have In Jesus.” What would it look like for you to “carry everything to God in prayer”?

5. How would you describe your self-talk? How do you speak about your appearance, performance, or the events of the day?

When you’ve gotten stuck in negative self-talk, what has worked best for you to get out of it?

6. Do you have evidence of angel activity in your life? Read 2 Kings 19:14-19, 35.

God does the important work for the Church. In what ways does God fight for you? (For help, you could reference Psalm 34:4-7 and Romans 8:28.)

7. Can we expect that we'll feel anxious/fearful again? What promises of God grant you peace and confidence that he will never let you fall?