



Let's Talk...

The weekend doesn't have to end. Keep Talking with this week's guide.

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## ANXIETY

**START TALKING** - Find conversations starters for the group or with a friend.

- What has been one of the most recent adventurous yet anxiety provoking thing you have done?
- What was the one of the most strange situations you have ever been in? what happened? how did you feel?

**KEEP READING** - Read the Scripture and ask a question to get the group thinking.

Read these scriptures out loud:

The bible has many verses about "worry" and "anxiety", suggesting that many people years ago also experienced this in their lives too. Read this scripture and talk about what stands out to you, how has this verse /how can this verse help you when facing worry and/or anxiety yourselves.

Philippians 4:6-7

*"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."*

When have you used this verse to help you navigate a stressful, anxiety provoking season of your life?

**KEEP TALKING** - Choose questions to create openness.

The bible mentions "DO NOT FEAR" 365 times, one for every day of the year.

- What things do you fear? Why?
- What do you do? how do you respond to "FEAR, WORRY, and ANXIETY"?

READ: Matthew 6:34, MATTHEW 6:27 & 1 PETER 5:7

- How do these verses help you in every day life when stressful, anxiety provoking situations come.

**Key thought:** Anxiety is a normal human reaction that was created in us to help keep us safe from harm. When we notice a "harmful" situation, it produces a chemical reaction within us to help us prepare for action- "flight/flight" response.

- If we were created with this amazing response to danger, to keep us safe how can we reconcile with God telling us not to worry?
- If Anxiety in and of itself is not a sin, but God tells us not to worry, when should we acknowledge that anxiety has become an issue for us and lets us aware we need further help from God and/ or professionals to seek freedom?

What has God assigned you to do, but you struggle to walk in that due to the power Anxiety has over you?

### **KEEP MOVING/GOING - Commit to a step and live it out this week.**

- Take some time this week to reflect and/or identify areas of your life that causes you Anxiety.
- Use these verse to help you meditate on Gods word daily.
- When you experience a heightened level of Anxiety that prevents you from living/feeling free, repeat these verses over you. Take some deep breaths and speak Gods truth over you and your situation.
- Check out the "Next steps" options on our website and see if you need to take any of those to help you on your journey to freedom from Anxiety.
- Dont be afraid to talk, ask for prayer or seek professional help.

### **KEEP PRAYING**

- Prayer requests from everyone at group
- Pray