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MESSAGE APPLICATION Guide

Start with an icebreaker question to get everyone talking, then choose the questions that work best for your group.

Emotions – Week 2 Finding Relief from My Anxiety

ICE-BREAKER:

What one thing has made you the most anxious this year?

DISCUSS:

What is your go-to method of unwinding when you feel anxious?

As you look back on the past year, what are some ways your friendships (or lack of friendships) have affected you?

READ:

“They went to the olive grove called Gethsemane, and Jesus said, ‘Sit here while I go and pray.’ He took Peter, James, and John with him, and he became deeply troubled and distressed. He told them, ‘My soul is crushed with grief to the point of death. Stay here and keep watch with me.’ He went on a little farther and fell to the ground. He prayed that, if it were possible, the awful hour awaiting him might pass him by. ‘Abba, Father,’ he cried out, ‘everything is possible for you. Please take this cup of suffering away from me. Yet I want your will to be done, not mine.’”

- Mark 14:32-36 (NLT2)

Consider times in your life when you made prayer a priority. Then think about times when you didn't. How were those times in your life different?

Are there any feelings you think you have a hard time controlling? How might aligning your feelings with your faith change the way you live?

Have you ever felt the peace of God guard you? What was that experience like?

APPLY

Whenever anxiety would begin to rise-up, Jesus immediately talked back. He talked to His friends, His Father, and His feelings. If anxiety begins to rise up in your life, which of these options do you think will bring the greatest relief and why?