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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.

Anxious for Nothing
Week 2

ICE-BREAKER:

What kinds of situations generally create the highest levels of anxiety in you (kids, health issues, marriage, job, relationships, etc.)?

DISCUSS:

What is your typical first response when you begin feeling anxious?

How could viewing anxiety as a signal to pray change the way you think about anxiety?

Do you ever hold back how you're feeling from God? How could being honest with Him help you overcome periods of anxiety?

READ: *"Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you. Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour."* **– 1 Peter 5:6-8**

Why is it important to focus on God's ability to care for you, rather than on the threats of the enemy?

APPLY IT

What steps can you take to surrender to God and break the cycle of anxiety this week?

How can you encourage someone struggling with anxiety to go to God for help?