

The Struggle is Real/The Struggle with Anxiety

Main Idea: Anxiety arises from wrong notions about our power and value.

Connecting

Have you made/broken any New Year's resolutions?

What do you remember worrying about as a child?

Understanding

Read Matthew 6:25-34. Where do you think anxiety comes from?

Read Phil. 4:6-7 and 1 Peter 5:7. What remedies for anxiety do you see in these verses? How can we give our anxiety to God in the midst of our life struggles?

How do prayer and thanksgiving work together to change our outlook on our struggles?

Living

What are the signs that indicate you're worrying too much?

What are your stress-management tools? What's helpful for you to hear when you're worrying or anxious? What's *not* helpful?

On a scale of 1-10, what's your stress level right now?

As a Life Group, how can we more actively help each other with our anxieties?

Next Week: