



Conversation Guide

Anxiety, pt. 1

Part 1 summary

- Anxiety can be caused by a variety of things, including social and academic pressures, past trauma, family or genetic influences, and chemical imbalances.
- Fear is a reaction to something we know is real — anxiety involves imagining threats, and stressing about what *might* be real.
- Common ways of dealing with anxiety involve deep breathing and focusing on our five senses.

1. Fear and Anxiety
2. Breaking the Cycle
3. Disaster and Community
4. A Better Life

Discussion questions

01 Would being able to pinpoint the exact cause of your anxiety help to deal with it? Why or why not?

02 Can fear ever be a useful thing to feel? If so, when? What about anxiety? Why or why not?

03 Is it comforting to you that Jesus tells his disciples not to worry? Why or why not?

Diving Deeper

In this section we do not want to lecture at students but allow them to read the text of scripture and walk through a series of questions so that they engage with the truth of the Bible. The three sections of interaction (Discover, Investigate, Go) are different sets of questions helping us to engage the Word of God in a different way.

Philippians 4:4-7 “4 Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (NIV)

DISCOVER: What Does The Text Say? (Observation)

1. What are the explicit commands mentioned in this passage?
 - *Rejoice in the Lord.*
 - *Let your gentleness be known to everyone.*
 - *Do not be anxious.*
 - *Pray & Petition to God.*
 - *Present your requests to God with thanksgiving.*
2. When should we rejoice in the Lord?
 - *Always*
3. Who should we be gentle with?
 - *Everyone*
4. What should we **not** be anxious about?
 - *Anything*
5. What situations require prayer?
 - *Every situation*
6. How do you define the word “guard” found in verse 7?
 - *To keep safe from harm or danger; protect; watch over:*

INVESTIGATION: What Does The Text Mean? (Interpretation)

1. Given that we walk through a variety of circumstances, both good and difficult, how is it that someone can **always** rejoice?
 - *The joy that we are called to is not a happiness that is dependent upon our circumstances but a deep contentment that is in the Lord.*
2. Why does the Lord provide us the ability to rejoice in Him always, even when life is hard or fearful? What character traits about God help us to rejoice in Him?

- *God knows all things and is in all places at all times. God is always in charge. God is wise and loving in all His ways. God cares. God is faithful and trustworthy.*

3. Why should we pray with a thankful heart when we encounter anxiety?

- *Being thankful positions us to remember His character and His good gifts. Thankfulness helps us to remember His faithfulness in the past so that we can trust he will be faithful in the present and the future.*

4. Peace is the absence of struggle. Do you agree or disagree? Why?

- *God's peace guards our hearts and minds in and through the storm. Peace is not the absence of struggle but the ability to be still in the midst of the struggle. Peace is not a feeling necessarily the ability to trust in the character and promises of God.*

GO: How is God inviting Us to Respond? (Application)

1. I know honesty can be difficult but is there any consistent thing in your life that causes you anxiety that you would be willing to share with the group?

- *Answers will vary*

2. What one truth did you take away from this passage of Scripture and discussion that will help you fight against anxiety in your life?

- *Answers will vary*

3. How can we pray for you tonight in regards to our discussion tonight?

- *Answers will vary*

Close the group time in prayer for those with prayer needs.