



Conversation Guide

Anxiety, pt. 3

Part 3 summary

- Although some communities contribute to our anxiety, finding “redemptive community” is often essential for helping process it.
- Anxiety can be caused by trauma earlier in life; the anxiety, panic, or phobias we have about one thing might be connected to something totally different under the surface.
- Counseling can be incredibly helpful in learning to process our anxiety.

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

Discussion questions

01 Is thinking and talking about death always a morbid thing to do? If so, why? If not, when does it become morbid?

02 Why do you think so many people posted negative or hateful comments on world_record_egg's video?

03 What's one way community makes it easier to process anxiety? What's one way it could make it harder?

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 proper way.

Galatians 6:2-3 “Carry each other’s burdens, and in this way you will fulfill the law of Christ. 3 If anyone thinks they are something when they are not, they deceive themselves.

DISCOVER: What Does The Text Say? (Observation)

1. What are we commanded to do?
 - *Carry each other’s burdens. .*
2. What is accomplished by carrying the burdens of others.
 - *We fulfill the law of Christ.*
3. What form of deception is being described?
 - *Thinking to high of oneself, lacking humility, etc.*

INVESTIGATION: What Does The Text Mean? (Interpretation)

1. How is anxiety like a burden?
 - *A burden is a weight that makes even the most routine things difficult. Everything (spiritually, physically, emotionally, mentally) is harder when one has a burden. Anxiety is demanding. It is always talking to you, always reminding you of what might happen or what will happen. It’s a heavy chain draped around our shoulders that we fail to pull off us.*
2. The law of Christ is essentially the essence of what Christ has done for us. How is carrying the burdens of others like imitating Christ?
 - *Christ’s mission on earth was to seek and save the lost, the outcast, the weary, and the burdened. When we seek to shoulder the burden of others, including anxiety, we are the hands and feet of Jesus.*
3. How would thinking honestly about yourself (staying humble enough to realize your own brokenness) assist you when carrying the burdens of others?
 - *Humility helps us remember we are not the Savior. There is only one Savior--Jesus!*
 - *When we humbly come alongside those with burdens we identify with them by acknowledging that we ourselves are broken and together you both look to Jesus.*
 - *Humility helps us have grace and compassion towards them instead of condemning them in their struggle. Humility will fight against prideful & judgemental thoughts towards them.*

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

1. What will it look like for us to carry the burdens of others in our lives?
 - *Pursuing intentional conversations with others about their struggles to find out how you can help?*
 - *Be willing to share your own struggles with those who struggle.*
 - *Pray for them in their presence.*
 - *Send them texts of encouragement.*
 - *Take time to have fun together that isn't always centered on talking about the struggle.*

2. Would you rather be the person that carries the burdens of others or be the one with the burden that must be carried by others in your life? Why?
 - *Answers will vary*

3. Are there any burdens in your life currently that you can briefly share with your group?
 - *Answers will vary*

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