



THEME:

Is there an Antidote for Anxiety > Philippians 4:6-7 > Matthew 6:25-27

CONVERSATION:

1. Who would trust to help you out in a sketchy situation?
 - a. How did they earn that kind of trust with you?
2. What kind of things stress you out the most?
 - a. True or False > Worry is often a control issue - born out of our fear of losing some kind of control.
3. We have more control over our lives today than ever before (more knowledge & resources) yet we struggle with anxiety at a far greater rate than previous generations. So how does **control** **reduce** or **amplify** anxiety?
 - a. We aren't trying to worry but we are trying to control > when does our quest for control cross the line between healthy & destructive?
4. Check out **Philippians 4:6** >
Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.
 - a. Do you find yourself focusing more on what you have (what's going well) or on what you might lose (what may go wrong)?
 - b. Agree or disagree > Gratitude is an assassin > It does harm to self-concern & anxiety?
 - i. How can we focus more on what God *has* done so we can spend more time exploring the 'canyons' away from the crowds that are filled with gratitude?

RESPOND:

What's one real change I can start making now that will help me spend more time in gratitude & less time in worry?

Help at least one of your friends this week see the cool things God is doing in their life > so they can walk with more courage & less anxiety.

Pray for each other