

# Anxious

WEEK OF May 13 – May 19 / GROUP TIME GUIDE

This guide is given to aide in the facilitation of leading your small group. It is **only an aide** for you to **experience Christ together.**

**Prayer:** Begin your time in group together by inviting God to be with you. Ask Him to change you as you seek Him and study His Word together. Ask him to use everyone in the group to encourage, challenge, and teach one another.

## Bible Study:

1. This weekend we closed out our series, “Anxious About Everything,” by focusing on how to deal with anxiety within relationships. Pastor Vance gave us five questions we must answer when dealing with being anxious in relationships out of Ephesians 4:14, 24-32. The first being, “Am I being honest in this relationship?”
  - a. **What is the importance of being honest in a relationship?**
  - b. **What two ways can we be dishonest in a relationship?**
2. The second question Pastor Vance answered was, “Am I harboring anger about things that have happened in this relationship in the past?”
  - a. **How do we be angry, while not letting the sun set on our anger? How can we reconcile what verse 26 is asking?**
  - b. **How does unresolved anger give the devil an opportunity?**
3. The third question he answered was, “Am I focused on what I can get from this relationship or on what I can give to this relationship?” Out of verse 28 we learned how giving and sharing can cause both stress and blessing.
  - a. **What is the perspective of someone who steals in a relationship? How does this cause stress or anxiety?**
  - b. **What is the mentality of the one who seeks to share in a relationship? How do they view themselves?**
4. Fourthly, Pastor Vance dealt with this question, “Am I seizing every opportunity to speak grace into this relationship?” Out of this question we learned three things concerning our words: ***what we say is very important, when we say what we say is very important, and how we say what we say when we say it is very important.***
  - a. **How have you experienced words in both a positive and negative sense?**
  - b. **Discuss the three things we learned concerning our words. Why is it important that we know how, what, and when to say things?**
5. Finally, Pastor Vance answered, “Am I dealing with this relationship in my strength or allowing Christ in me to live through me?”
  - a. **Discus this quote by Roy Hession, “Every humiliation, everyone who tries and vexes us, is God’s way of breaking us, so that there is yet a deeper channel in us for the life of Christ.”**