

# Anxious

WEEK OF April 29 – May 5 / 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 kicked off a brand new series titled, “Anxious About Everything.” Pastor Vance informed us that according to the Anxiety and Depression Association of America, “Anxiety is a reaction to stress.” Furthermore, Nevada is the 5<sup>th</sup> most stressed state in the U.S.
  - a. **Pastor Vance asked this Big Question, read it out loud and discuss: “*In difficult circumstances, do you stress out with worry and anxiety or do you experience the peace of God? Which word MOST describes you: ANXIOUS or PEACEFUL?*”**
2. Pastor Vance addressed two important questions about being anxious out of Philippians 4:6-7. The first was, “What does it mean to be anxious?” From this he gave us this definition of being anxious: *fearful concern experienced when life’s demands seem greater than my ability to meet them.*
  - a. **How do you know the difference between genuine concern and fearful concern in life?**
  - b. **What form of concern would you say you deal with the most? What can you do in those times of concern?**
3. The second question addressed was, “Why should I not be anxious?” Pastor Vance answered this question by giving us five reasons. Take time and read these reasons out loud one at a time and discuss each one individually:
  - a. **Being anxious is not pleasing to God**
  - b. **Being anxious endangers my health, physically and spiritually.**
  - c. **Being anxious is inconsistent with the character of God.**
  - d. **Being anxious misrepresents the character of God to those around us.**
  - e. **Being anxious doesn’t change anything (for the good).**