

I'M FINE

HOW GOD MEETS US WHEN WE'RE NOT

Anxiety

January 16, 2022

Reflect + Discuss

- What has you feeling anxious at the beginning of 2022?
- Read Mark 14:32-36. What does Jesus do when he is anxious at Gethsemane?
- Read Philippians 4:6, and 1 Peter 5:7. Thinking about what these passages have to say, and how Jesus responded at Gethsemane (Mark 14:32-36), in what ways does your typical response to anxiety reflect what you've read? In what ways does your response differ?
- Pastor Matt mentioned 2 main causes of anxiety for him (lack of control and lack of approval). Did these resonate with you, and if so, how? What other things are major contributors towards anxiety in your life?
- Do you struggle living in the truths that God is in control and that God approves of you? What other truths do you struggle to accept? What passage of Scripture do you most often turn to when you need to be reminded of the truth of who God is and how He cares for you?
- When dealing with anxiety, which of the three "talk" steps comes most naturally for you (talk to a friend, talk to God, talk to your feelings)? Which step is the most challenging? What is one tangible step you can take to work on this the next time you feel anxious?

Pray

- Reflect on Philippians 4:6. Spend time offering praise that you can turn to God when you are anxious. Ask God to help you remain firmly rooted in Him at all times, especially when you experience anxiety.

Next Steps

- Check out a compiled list of verses on the [series resource page](#) that will help you talk to your feelings. Choose 1-3 verses to commit to memory this week.