

# Be *Anxious* for nothing



SEP 20TH  
GO FURTHER

## PRAYING THROUGH THE PAIN | PHILIPPIANS 4:4-7; 1 PETER 5:6-8

### START TALKING | Ask a question to get your group thinking.

- What kinds of situations stress you out the most?
- What's your usual first response to anxiety?

### START THINKING | Ask a question to get your group thinking.

- Have you ever thought of anxiety as a signal? How could viewing anxiety as a signal, change what you think about anxiety?
- Do you ever hold back how you're feeling from God? How could being honest with God help in times of anxiety?
- Read 1 Peter 5:6-8. Why is it important to focus on God's ability to care for you, rather than on the threats of the enemy?

### START SHARING | Choose a question to create openness.

- What steps can you take to surrender to God and break the cycle of anxiety this week?
- How can you encourage someone struggling with anxiety to go to God for help?

### START PRAYING | Be bold and pray with power.

- Father, thank You that, no matter what anxieties we're facing, we can give them all to You. We can trust that, even in hard times, You will care for us and lift us up in due time. Help us to surrender all our troubles to You. In the name of Jesus we pray, amen.

### START DOING | Commit to a step and live it out this week.

- Consider the anxieties you're struggling with in life and have an honest conversation with God about what you're facing. Ask God to take your anxieties from you.
- **Check out the Anxious for Nothing Bible Plan: <https://go2.lc/nothing>**