

Be *Anxious* for nothing



SEP 13TH
GO FURTHER

WHEN YOU'VE HAD ENOUGH | PHILIPPIANS 4:4-7; 1 KINGS 19:3-4

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

- When was the last time you didn't feel anxious about anything? Why were you so worry-free?
- When you're stressed out, what's your go-to method of relaxing?

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

- Of these four anxiety causing mistakes – running ourselves into the ground, shutting people out, focusing on the negative, and forgetting God – which mistake do you struggle with most?
- Read 1 Kings 19:11-12. What do you think of God speaking in such a quiet and peaceful way? What does that tell you about God?
- Why do you think God desires for us to be anxious for nothing?

START SHARING | Choose a question to create openness.

- How can you encourage yourself to trust that God will carry you through every difficulty you face?
- How can you reassure someone else of God's presence who may be feeling brokenhearted or overwhelmed?

START PRAYING | Be bold and pray with power.

- Father, thank You for never leaving us to face our struggles alone. Help us to trade our anxiety for thanksgiving, and trust You to care for us and provide for us every day. Help us to embrace the peace only You can give. In the name of Jesus we pray, Amen.

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

- Spend time in prayer this week and listen for the quiet voice of God. Trust that He is close by and will never leave you.
- **Check out the Anxious for Nothing Bible Plan: <https://go2.lc/nothing>**