

Anxiety  
April 23  
**GO FURTHER**



**START TALKING | ASK A QUESTION TO GET YOUR GROUP THINKING.**

- WHAT'S YOUR GO-TO METHOD OF RELAXING WHEN YOU'RE FEELING STRESSED OR ANXIOUS?

**START THINKING | ASK A QUESTION TO GET YOUR GROUP THINKING.**

- Which part of this message was most impactful for you and why?
- How do you typically handle anxiety or stressful situations? What's one thing you'd like to do differently the next time you feel anxious?
- Read 1 Peter 5:7. What would it look like to cast your anxiety on God? How could that impact your mental health?

**START SHARING | CHOOSE A QUESTION TO CREATE OPENNESS.**

- Share some of the situations or issues that you're currently facing that are causing anxiety. How could you and others pray over those things?
- Talk about a time when you felt God with you in the midst of anxiety. What did praising Him look like? How could you praise Him this week?

**START PRAYING | BE BOLD AND PRAY WITH POWER.**

Father, thank You for caring about us. You're bigger than our anxieties. Remind us that You hear our prayers and that You're moving, even if we can't see it yet. We praise You for who You are. Thank You for seeing us. In Jesus' name, Amen.

**START DOING | COMMIT TO A STEP AND LIVE IT OUT THIS WEEK.**

- Start the Wisdom for Mental Health Bible Plan using Plans With Friends: [www.go2.lc/mentalhealthplan](http://www.go2.lc/mentalhealthplan)
- Consider how you could love others by serving at Legacy or with the One Thing or Impact Offering each month

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