

Weekly Discussion Guide – 11-20-2022

1. Max Lucado once said in an interview, “Fear is what you feel when you see a rattlesnake on the trail. Anxiety is the feeling of never wanting to go on a trail again for fear of a rattlesnake.” How have you experienced the difference between these two? Is one healthier than the other?
2. Read Philippians 4:4-8. Is there anything you tend to worry about or be anxious about in an ongoing way?
3. What specific things does Phil. 4:4-8 tell us to do rather than being perpetually anxious? List them out. What do each of these instructions mean (use a dictionary if necessary)? How can we do them practically?
4. Read Psalm 55:22, 1 Peter 5:7, Lamentations 3:22-23, and Proverbs 15:15. How do these verses speak to worry? What do they tell us about God?
5. Make a list of things you are thankful for. It can be as long or short as you want it to be. Before you begin, check your “anxiety pulse.” Then, check it again once you are finished. Is it any higher or lower?
6. Now list out some things you want to ask God for help with. Close in prayer.