

Weekly Discussion Guide – 9-7-25

“Managing Anxieties”
Luke 2:41-50; Luke 23

1. When you hear the word “anxiety,” what do you typically think of?
2. When you feel the emotion of anxiety, how do you typically respond to that emotion?
3. How do you usually know when you’re feeling anxious? (i.e. a habit, physical sensation, way you treat others)
4. “Unmanaged anxiety drives us away from an awareness of God. Managed anxiety directs us towards an awareness of God.” What does that mean to you?
5. What are some ways you’ve seen anxiety “get in the driver’s seat” in your own life?
6. When have you noticed anxiety being used positively—as something that helped you draw closer to God?
7. What are some examples in Scripture where someone managed their anxiety? What are some examples in Scripture where someone didn’t manage their anxiety and acted out of that anxiety?
8. The sermon suggested three practices for managing anxiety: **slowing down**, **breath prayers**, and **community**. Which of these do you think would be most helpful for you right now? Or is there another practice that might be more helpful for you to manage your anxiety?
9. When you hear Jesus’ words in John 10:10—“I have come that they may have life, and have it to the full”—what might a “full life” look like for you, especially in relation to managing anxiety?