



GROWTH GROUP DISCUSSION QUESTIONS Winter Quarter - Lesson 3 - Week of January 29, 2023

Lesson: LESS FRET, MORE FAITH

Bible Verses: Psalm 37:8; Philippians 4:4-8; Proverbs 3:5-6; Matthew 11:28-30; John 14:27

GETTING TO KNOW YOU

1. What keeps you up at night?
2. Do you laugh as much as you used to laugh?

DISCUSSION

Thought: Anxiety is a meteor shower of what-ifs. What if I don't close the sale? What if we don't get the bonus? What if my kids have crooked teeth? What if I don't save enough money? Anxiety is trepidation, suspicion, and apprehension. It's living life in a minor key with major concerns; perpetually on the pirate ship's plank.

You are part Chicken Little and part Eeyore. As a result, you are anxious. A free-floating sense of dread hovers over you. Anxiety and fear are cousins but not twins. Fear sees a threat while anxiety imagines one. Fear screams, get out! Anxiety ponders, what if? Fear results in fight or flight. Anxiety creates doom and gloom. Fear is the pulse that pounds when you see a coiled rattlesnake in your front yard. Anxiety is the voice that tells you to never, ever, for the rest of your life, walk barefooted through the grass; there might be a snake somewhere.

The word anxious defines itself. It is a hybrid of angst and xious. Angst is a sense of unease. Xious is the sound made on the tenth step of a flight of steps when your heart beats fast and you run out of oxygen.

1. Define anxiety in your own words based on your experiences. What role does anxiety play in your life?
2. Anxiety and fear are cousins but not twins. Do you agree? If so, how do the two manifest themselves differently in your life?

Anxiety takes our breath, for sure. If only that was all it took. It also takes our sleep, our energy, and our well-being. "Do not fret," wrote the psalmist, "it only causes harm (Psalm 37:8)." Anxiety is real. It can twist us into emotional pretzels. Anxiety isn't fun!

Chances are you or someone you know seriously struggles with anxiety. One would think Christians would be exempt from worry and anxiety, but we are not. We have been taught that the Christian life is a life of peace; and when we don't have peace, we assume the problem lies within us. Not only do we feel anxious, but we also feel guilty about anxiety.

Anxiety is not a sin; it is an emotion. However, anxiety can lead to sinful behavior. Is your heart weighed down with worry? Look for these signals:

- Are you laughing less than you once did?
- Do you see problems in every promise?
- Do you assume that something bad is going to happen?
- Would you rather stay in bed on many days than get up?

Read Philippians 4:4-8 and meditate on these verses. It's enough to make us wonder if the apostle Paul was out of touch when he wrote in verse 6, "Be anxious for nothing." Paul did not say be anxious for less; he said, "be anxious for nothing."

1. Think of a time when change created anxiety in your life. What is it about the nature of change that lends itself to anxiety?
2. Read the following passages and note the promise held in each: Proverbs 3:5-6; Matthew 11:28-30; John 14:27; Psalm 55:22.

Could you use some C.A.L.M. (Celebrate. Ask. Leave. Meditate)?

Celebrate God's goodness daily.

Ask God to help you daily.

Leave your burdens with God.

Meditate on God's word daily.

How to Change Your Focus from Anxiety to Christ

- Change your thinking.
- Be thankful.
- Practice good self-care.
- Make room for joy.
- Seek Christian counseling.

With God as our helper and work on our part, we can face anxiety head on and beat it.

Prayer Focus: God, help me beat the anxiety in my life.