



Open

- What are some things that make you anxious? Why do they make you anxious?
- What are some ways that you cope or deal with your anxiety?

Watch the Video Teaching after discussing the above questions.

Discuss*

- What stood out to you most from the teaching?
- What thought patterns are usually behind your anxiety?
- How would thinking differently affect what you get anxious about?
- What do you think about the idea that anxiety can be an invitation?
- What are some things that you can do when you aren't anxious to help you think differently in those moments when you are anxious?

Reflect

- What thought or feeling comes to you as you consider this passage?
- How could we (and you) apply and obey this passage this week?
- ***Based just on this passage***, what should we pray about?

*So make your plans. Diagram it all out. Get your life ready.
But then set your plans down. Have a good laugh. Detach from outcomes.
Tether yourself instead to God's presence and peace.
Breath. And take it one day at a time. – John Mark Comer*

**Use these questions to guide your discussion. Don't feel like you have to go through all of them and make sure you take time to talk through any questions and observations from either the sermon or the lesson with the group.*