



Week 1
When You're At Your Breaking Point

Note to the Host

This series we will be hitting the topics that are associated with anxiety and dealing with anxiety. We know that this is a big topic and we are here to support you in any way. We are so excited for this discussion guide and know that you are going to lead your group in a great discussion.

Discussion Questions

1. (Ice Breaker) Which tv or movie character would you say best describes you and your personality?
2. Were you raised in a house or church where anxiety was a sin? What were the effects of that?
3. When you are feeling anxious do you talk to your friends or other important people in your life? Or do you isolate yourself from others?
4. Are you able to let other people help you?
5. How did quarantine effect your mind? Are you seeing lasting effects in your life?
6. Do you find it easy to pray? Do you have prayer habits?
7. Have you ever told your feelings that they can't control you? Or do you struggle with your emotions to driving your life?
8. Do you allow Jesus to see the hurt inside?
9. (Take Away) God loves you, adores you, and he is with you! Do you remember this when in times of anxiousness and worry?

PRAYER

- Make sure that everyone has a chance to share, and do not rush this process.
- Make sure that someone is typing them up so the group can share them and pray for those requests throughout the week.
 - Make sure to welcome praise reports as well!
- Don't get overwhelmed about the time of prayer, pray how your group feels comfortable. This can either be one person pray, or you can go in a circle and pray a few sentences each!