



Week 3
How to Find Calm in The Crisis

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) Do you prefer to be pool side, or on the beach?
2. Are you coming out of storm, going into a storm, or in the middle of a storm?
3. When is a time that you have felt trapped and out of control? How did this impact your life?
4. Have you witnessed the peace of God in your life?
5. How have you grown through storms that you have been through? Can you think of traits that have been strengthened or eliminated from your life?
6. When has your past sufferings allowed you to be a blessing to someone in the midst of their storm?
7. Sunday, Pastor Brian said the phrase, “The will of God will never take you where the grace of God can’t reach.” How does this make you feel? What does this mean for your life?
8. (Take Away) Do you trust God? How can you challenge yourself this week regarding this idea? What can you submit to God and trust him in?

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 request 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!