



Week 4
How to Win the War Over Worry

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) Is your group signed up for Peace1Day? If so, how excited are you?
2. When you are filled with worry, how do you release it?
3. Sunday, we learned that 40% of worry is about things that will never happen. Do you believe this is true of you?
4. Do you struggle with worrying about things that cannot be changed?
5. Do you suffer from worry sickness? How long have you worried with worry sickness? Symptoms could consist of headache, physical fatigue, mental fatigue, digestive issues, emotional issues, etc.
6. What are you worrying about right now? Can you give that to God? What's holding you back?
7. Sunday, Pastor Brian said the phrase, "Intimate relationships make you want to fill needs and even wants." God wants to fulfill our needs and wants, but we have to take the time to have a relationship with him. Do you believe that God can fulfill our wants and needs even better than we ever could?
8. (Take Away) Do you trust God? Will you let him control your life? What weight are you carrying that you can give to God?

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!
- Do not 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!