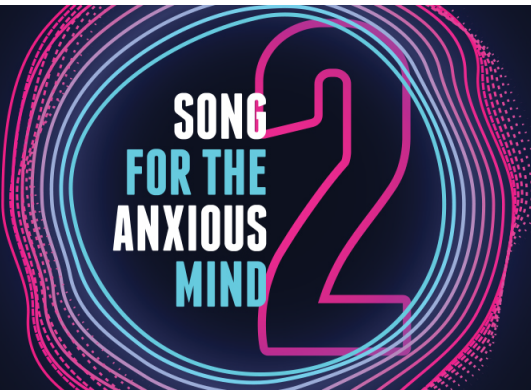




SONG FOR THE ANXIOUS MIND

2

WEEK #1: WHAT DO YOU KNOW ABOUT ANXIETY?

INTRODUCTION

Anxiety is powerful. When it begins to take root, all you want is for it to leave. But it's a stubborn emotion. And while it affects many people, when you're alone with your thoughts, it can feel like it's just you. So much of battling worry and fear is handling the conversations you have with yourself. But you don't have to face those conversations alone. With God's help, you can turn your script of anxiety into a song of peace.

DISCUSSION QUESTIONS

1. Pastor Mark said, *"We all deal with anxiety to some extent, but for some of us, it's our big battle."* Where do you feel you fall on the spectrum in your struggle with anxiety?
2. Have you ever assumed that fear and anxiety are the same thing?
3. Read Philippians 4:6. Share your thoughts on this verse.
4. Do you find it comforting and helpful to know that there are several people's stories recorded in the Bible that struggled with anxiety?
5. Read Psalm 55. What stands out most in this Psalm, this *Song For The Anxious Mind*? Are there aspects of David's struggle with anxiety that you resonate with?
6. Pastor Mark said, *"When anxiety strikes, it's human nature to believe the cure is the problem going away, but the real help is understanding that even if the problem won't go away, God is there inside the storm! I am still going to be OK because God is here!"* Does this statement help you know how to navigate anxiety? And if so, in what way does it help?
7. Psalm 55:23 says, *"I trust you, Lord!"* What does it mean to trust the Lord with our anxiety? Practically, how do we, as Pastor Mark said, *"Let the Lord do your worrying for you?"*
8. Read Lamentations 3:22-24. What do these verses say about God? What do these verses mean for you?
9. What was your biggest takeaway from the message, and why?

SCRIPTURE

Philippians 2:28, 4:6 / Job 1:5, 3:25 / Psalm 55:1-23 / Lamentations 3:18-23.