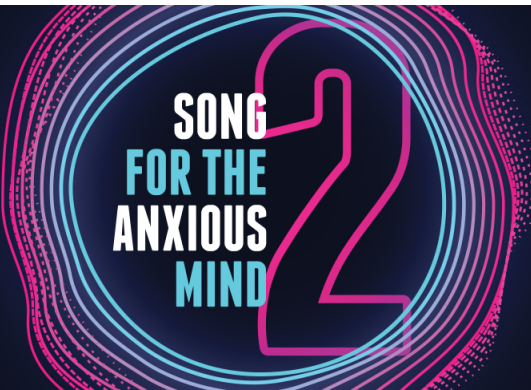




SONG FOR THE ANXIOUS MIND

2

WEEK #2: I BELIEVE IN GOD, BUT I HAVE SERIOUS ANXIETY. WHAT NOW?

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 Jonathan said that one of the myths that is still bumping around in the church world is: *"If you struggle with anxiety, you must not be a very good Christian."* People may never verbalize it that way, but the message is out there, and if you hear it, it can leave you thinking, *"What is wrong with me?"* Have you ever run into this myth? As a result, has it ever led you to ask yourself, *"Why don't I have better faith?"*
2. Read 2 Timothy 1:7 and Philippians 4:6-7. Pastor Jonathan shared some context for these verses to help us better understand how they apply to the anxiety we may experience. What do these Scriptures mean to you? Have you ever misunderstood the context of these Scriptures?
3. Every Christian experiences two realities: 1. Moments of walking in the light and confident in God. 2. Moments of walking in doubt and fear. Share your experience with these realities.
4. What comes to mind when you hear the word *lament*? Is it helpful to see how people lament to God in the Psalms and Lamentations? What pattern do you notice in these Scriptures about how people lament to God?
5. What was your biggest takeaway from the message, and why?

SCRIPTURE

2 Timothy 1:7 / Philippians 4:6-7, 6:13 / 1 Kings 19:4b / Psalm 3:1-6, 13:1-6, 22:1-31, 37:1-7, 66:16-20, 71:9-23, 73:26 / Lamentations 3:17-26 / John 11:20-22 / Matthew 11:28-30 / Exodus 14:13-14 / Ephesians 2:4-5 / Acts 3:15, 7:9-10a / 2 Corinthians 7:5-6a / Genesis 50:19-20.

"The thing that should be more anxiety-provoking to anyone than anything else is spending your life disconnected from God. Our most important point of existence at NewSpring Church is to help people make an eternal connection with Jesus Christ. Because God doesn't want anyone to perish. "