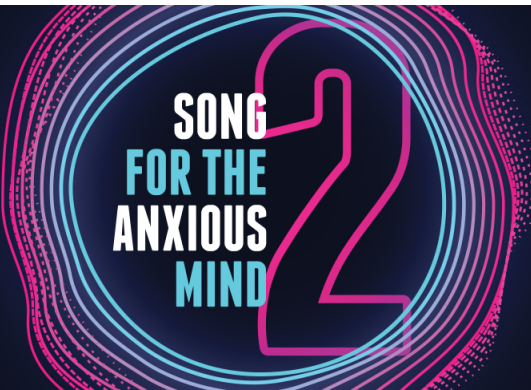




SONG FOR THE ANXIOUS MIND

2

WEEK #3: BEFORE YOU PUSH THE PANIC BUTTON...

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. Share your thoughts on the following statement: *"If you declare an emergency when there isn't an emergency, you will cause an emergency."*
2. What does the phrase *"God is with you"* mean to you? Does it provide comfort when you are dealing with anxiety?
3. Pastor Jonathan said some people think: *"If God is bigger than my problem, then he must be as small as my solution."* Have you ever expected God to fix your problem your way?
4. Pastor Jonathan shared his ***Are You Sure*** list of questions to ask before pushing the panic button. See the list of questions below. What do you think about the questions? Are there any you would change or add? How can they be helpful to us in understanding the extent of our anxiety or challenging circumstances and guide us back to the truth of God's Word?
 - a. Where is God in this?
 - b. Is God paying attention?
 - c. What if this problem is too big for God to handle?
 - d. What if the worst happens?
 - e. Has God been there for me before?
 - f. What is in your hand?
5. What was your biggest takeaway from the message, and why?

SCRIPTURE & QUOTES

Philippians 4:6-7 / Psalm 56:8, 139:7-12 / Isaiah 43:1b-2 / Daniel 3:24-25 / Matthew 6:26 / Genesis 18:14a, 18:25b / Romans 8:31-37 / Jeremiah 32:27 / John 8:10-11, 11:25-26 / Joshua 4:19-24 / Exodus 4:2, 14:13-14 / Deuteronomy 31:5-6 / Revelation 1:17-18.

"When you surrender to God, you will never have to surrender to anything else."