

Light in the Darkness – Week 1 Small Group Questions

Opening Prayer 

Ice Breaker 

1. What's one small joy from this past week – something ordinary but life-giving?
2. When you feel stressed, what's your silly go-to coping mechanism (cleaning the garage at 2 AM, mindless scrolling, hiding in the pantry with snacks)?
3. If you had to choose a peaceful "happy place," what is it and why?

Discuss 

Main Scriptures: Proverbs 12:25, I Peter 5:8-9, Galatians 6:2, Hebrews 4:15-16

1. Read Proverbs 12:25. How have you personally seen worry weigh you down? How can a "good word" lift someone up?
2. Pastor Ryan said, "Many suffer from anxiety and depression, but few confess it because we fear judgment." What keeps people from being honest in church? What keeps you from being honest (fully open)?
3. Read James 5:16. Why might confession and vulnerability create space for healing?
4. Read I Peter 5:8-9. What does this passage teach about the spiritual side of anxiety?
5. Pastor Ryan said, "We train our brains to spiral toward negativity." When does your mind typically spiral – fatigue, criticism, uncertainty, loneliness?
6. When you experience anxiety or racing thoughts, what do you tell yourself in those moments? How does believing, "I'm not crazy, I'm human" shift your mindset?
7. Pastor Ryan shared that anxiety can lead to negative inner vows (e.g., "I'm not enough," "I can't do this"). What are some lies or inner vows you've battled, and what is God's truth in response?
8. Read Galatians 6:2. What does "carrying each other's burdens" look like in real, everyday life?

9. Read Psalm 34:18. Where have you seen God draw near to you in broken moments?
10. Pastor Ryan said, “The race toward healing starts with one step.” What is one step you need to take to move toward healing—spiritually, emotionally, or mentally?

Practice

From Pastor Ryan: “This week, pay attention to your inner dialogue. Whenever a lie, fear, or negative thought shows up, write it down—and then write a verse that declares what God says is true.”