

Small Group Discussion Questions

Series: Anxiety

Speaker: Tim Hunter

Message: A Christian Therapist's
Perspective on Worry and Anxiety

Date: 08/11/2024



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Memory Verse: Luke 12:32 NIV

Do not be afraid, little flock, for your Father has been pleased to give you the kingdom.

The goal of these questions is to foster meaningful discussion and to encourage participants to reflect on God's Word to lead to heart transformation. Feel free to modify or expand upon these questions based on the dynamics and needs of your Small Group.

Big Idea: Anxiety is a symptom of a relational deficit with God.

Read Philippians 4:4-9

1. With hardship in mind, Paul instructs us to rejoice always. Why is rejoicing in all circumstances difficult for you? What type of activity or event do you find consistently robs you of your joy? How can we cultivate a spirit of joy even in these circumstances?
2. What kind of worldly noise do you find yourself being distracted by these days? How do these things contribute to anxiety? How do these things impact your relationships with others and with the God of peace?
3. The solution to anxiety from Paul is to commune with God through prayer, sharing your petitions with thanksgiving. Why is prayer good medicine for anxiety? How does looking at our struggles through a lens of thanksgiving alter our perspective? Why is this challenging to do?



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4. Our life and the way we live it is a reflection of what we believe about God. How can your response to difficult situations be a testimony about who God is in your life? When have you witnessed this in the lives of others? What lasting impact has it had on you?
5. What does the "peace of God" feel like? Share about a time when you have experienced this. How have you felt this peace guard or transform your heart and mind?
6. What practices or habits can help you focus on "whatever is true, honorable, just, pure, lovely, commendable, excellent, and worthy of praise" (v.8)? How do the things you choose to dwell on affect your mindset and actions?
7. Paul has modeled behavior for this congregation that he encourages them to embody. Who is someone that you look to as a model of the faith? What aspects of their character do you want to mirror in how you put faith into practice? Who do you think is watching you to learn from your behavior?
8. The topic of mental health is becoming a regular point of discussion. As a Christ follower, what are some practical ways to share the peace of God with those who do not know Him? How do you think God is nudging you to be a positive force in someone else's mental health journey?



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