

EMOTIONS

WEEKEND RESOURCES | MAY 26, 2024
Week Two | Finding Relief From Anxiety

USE THESE QUESTIONS AND RESOURCES TO HELP YOU PROCESS THE MESSAGE DURING YOUR STUDY TIME OR WITH YOUR GROUP.

Message Recap: Jesus Himself needed anxiety relief. When he despaired, he gave us the blueprint for dealing with worry, stress, and fear. If you need anxiety relief, discover the three things Jesus leads us to do to find peace in our hearts and align the feelings we experience with a faith that never fails.

» Main Points

- Talk to your Friends.
- Talk to your Father.
- Talk to your Feelings.

» Getting Started

- What one thing has made you the most anxious this year? What's your go-to method of unwinding when you feel anxious?

» Observation

- Read and reflect on [Ephesians 4:26-27](#); [Mark 14:32-36](#); [15:34](#); [Luke 22:44](#); [Philippians 4:6-7](#); [1 Peter 5:6-7](#)
- What are your initial reactions to these passages? What do you find challenging? Are you encouraged by any of these verses? Why?

reachout

- Some of your neighbors/friends/co-workers are probably struggling with anxiety. Do your best to be kind, supportive, and full of grace when interacting with the people around you. You never know what someone else is going through. Pray for the people around you that they will experience a peace that only comes from God.

growdeep

- Consider times in your life when you made prayer a priority. Then think about times when you didn't. How were those times in your life different?
- What are the feelings you have a hard time controlling? How might aligning your feelings with your faith change the way you live?
- Share about a time you have felt the peace of God. What was that experience like?

partner with families

- Anxiety can be challenging with kids. If you are a parent who struggles with anxiety, your kids are 7x more likely to have anxiety, too. As a parent, starting with your own anxiety is key. A helpful resource is [The Worry-Free Parent](#). [Square or Box Breathing](#) can also help as you talk through anxiety with your kids. This week, use your emotions chart to talk about your day as a family. You can also try doing "highs/lows" at dinner or in the car. Pray together each day and remind your kids that our God made us, loves us, and is in control.

» Next Steps and Prayer

- If you haven't already, download the [Bible App](#) on your phone and select [Eastern Hills Community Church](#) as "My Church." Then, start the [Featured "Emotions" plan](#).
- Close by praying that no matter what you face right now, you will trust God and experience his peace.