

# COMMUNITY GROUP

## DISCUSSION GUIDE

April 6/7

### WELCOME/ OPENING PRAYER

**PURPOSE:** *We are here as a group to make and multiply disciples.*

### DISCUSSION GUIDELINES

**WARMUP:** *Personal Testimony*

*or*

*Question: What strategies or activities have helped you mitigate stress and anxiety in your life?*

**SET THE STAGE:** *Anxiety is an issue on the minds of a lot of people today. Research indicates that a much higher number of people are struggling with anxiety. Thankfully, the Scriptures have much to say about this subject for us to consider. When we struggle with anxiety it can be because we have fallen into the trap of catastrophizing. This means we lose perspective and only see the bad around us, and nothing good. Moses experienced this trap with the people of Israel in Exodus. It led to great anxiety and as a result there was anger, dissension, and discord among the people. God's love and power call us to something better. When we respond in God's love we have the power to avoid catastrophizing and embrace love, faith, and HOPE.*

**STORY or READ THE PASSAGE:** *1 Corinthians 13:4-7; Exodus 5:1-21*

### HEAD QUESTIONS:

Is anxiety a bigger problem today than in the past? Why or why not?

What truth(s) about God did the people of Israel forget in their panic and anxiety?

Why is God's love critical in order to process and deal with anxiety?

### HEART QUESTIONS:

Have you ever fallen into the trap of catastrophizing when facing a difficult time or experience? What helped you to work through that time?

What other types of things have been at the heart of your struggles with anxiety?

Who do you personally know who struggles with anxiety? How can we pray for them tonight?

### HANDS QUESTIONS:

#### **BLESS**

How can we better communicate God's love and hope to those who are trapped in anxiety?

### TAKEAWAY

### CLOSING PRAYER