

# COMMUNITY GROUP

## DISCUSSION GUIDE

April 20/21, 2024

### WELCOME/ OPENING PRAYER

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

### DISCUSSION GUIDELINES

**WARMUP:** *Personal Testimony*

**or**

*Question: What value do you treasure the most in a friendship? Why?*

**SET THE STAGE:** *We have examined two different traps when it comes to our anxiety. First, we can fall into the trap of catastrophizing. This means we focus on the bad and disregard the good. Second, we can start blaming others or circumstances. This happens because we have a distorted view of God and His goodness in our lives. The trap we will look at today is the response of emotional reasoning. This trap assumes that what we feel is a reliable way to measure the truth. The prophet Jonah fell into this trap and it led to a descent into his own anxieties, anger, and fear.*

**STORY or READ THE PASSAGE:** *Philippians 4:4-9; Jonah 4*

### HEAD QUESTIONS:

How is Jonah's emotional response a form of idolatry?

How is emotional response playing a role in the rise of anxiety in our culture?

How can Paul's instruction in Philippians 4 help us manage our anxiety?

### HEART QUESTIONS:

How have you relied on your own emotional reasoning in the past when faced with anxious circumstances? How did that turn out?

What is most challenging for you in dealing with your own emotions?

### HANDS QUESTIONS:

#### **BLESS**

Do you know any people in your life who lead with their emotions? How have you learned to serve and share with them?

### TAKEAWAY

### CLOSING PRAYER