

COMMUNITY GROUP

DISCUSSION GUIDE

April 27/28, 2024

WELCOME/ OPENING PRAYER

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

DISCUSSION GUIDELINES

WARMUP: *Personal Testimony*

or

Question: What do you need more of in your life right now? Or...need less of?

SET THE STAGE: *This week we close the series "Anxious for Nothing", detailing four different anxiety traps we fall into: catastrophizing, blaming, emotional reasoning, and ruminating. Ruminating means obsessing over things past, present, and future in our lives. We replay events and possible scenarios over and over again, until it begins to overwhelm us and add even more anxiety to our lives. In this message we will consider that pattern in the life of King Saul and evaluate an underlying spiritual problem, his lack of trust in God.*

STORY or READ THE PASSAGE: *Galatians 5:16-26; 1 Samuel 28:5-19*

HEAD QUESTIONS:

What sticks out to you about Saul's visit to the medium in Endor?

If Paul is correct that in Christ we have freedom, why does it seem that many believers are captive to their anxieties and fears?

HEART QUESTIONS:

Of the 4 anxiety traps mentioned in this message series, which one do you most struggle with and why?

What relationship has your anxiety had to your level of trust in God?

If you have struggled with ruminating or obsessing, what has helped you break free of that cycle in the past.

HANDS QUESTIONS:

BLESS

Who in your life needs prayer because of a struggle with anxiety? How should we specifically pray for those people?

TAKEAWAY

CLOSING PRAYER