

SUMMER  
*Stretch*

Go  
Deeper

## **WEEK TWO: FACING ANXIETY WITH FAITH**

1. How does your understanding of God's love influence your ability to manage anxiety in your life?
2. In what ways can you remind yourself of God's goodness when facing fears?
3. Can you identify a recent experience where anxiety impacted your decisions? How did you respond?
4. What are some ways you can 'seek first the kingdom' in anxious moments?
5. What practical tools or methods do you use to cope with anxiety?
6. How can you transform your fears into opportunities for growth in your faith?



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