



Icebreaker:

What's your favorite ride at an amusement park?

Prayer Time:

Please pray for our transition to a new youth pastor... our building project... What are some needs in our group?

Study Questions:

What are some examples of ways we try to handle anxiety in our lives? What solutions do our culture provide? Why are some believers afraid to admit their struggle with anxiety?

Read Psalms 61: 1-8. What happens when we hold on to our anxiety instead of crying out to God? According to this passage, how should we respond to anxiety in our lives? In this passage, God is called a rock, shelter and a strong tower. What does this say about God as it pertains to anxiety and fear? What other attributes would you add

about God that show his ability to handle the anxiety we face?

Read 1 Peter 5:7; Psalms 27: 1-14. Scripture has made it clear that God cares for us. In what ways can we "give all of our worries to him? What are some results of giving our anxiety to God?

Read Philippians 4:6-7. What comes to mind when you think about how the peace of God surpassing our understanding, while guarding our hearts and minds?

Read Luke 22:41-44; Hebrews 4:14-16. Jesus understands our weaknesses. How do these passages help us in our struggle with fear, agony and anxiety? What do these passages say about Jesus' ability to sympathize with our anxiety? What do these scriptures say about his ability to free us from anxiety?

Can a person be completely free from anxiety and fear? What would you say is the most important factor to overcoming anxiety?

Conversational Prayer: Dear God show me...