

# ANXIETY



## Ramp Up (20 min)

Check in with what's going on in each other's lives or ask an icebreaker question.

Share what you applied or passed on to someone else from last week's discussion.

## This Week's Discussion (30-50 min)

Read this week's passage. Summarize it in your own words. As you go through these five questions together, stick to the passage, avoid tangents, and let the Bible speak for itself.

- ▶ What does this reveal about God?
- ▶ What does this reveal about people?
- ▶ What else did you learn?
- ▶ If you believed this was true, how would you apply it?
- ▶ If you put it into practice, what could be the challenges? What could be the benefits?

## Wrap Up (20 min)

How can we pray for each other?

## SIX GROUP DISCUSSIONS

1. **In distress, where can you find security?**  
Psalm 46
2. **How can we have peace?**  
Philippians 4:4-9
3. **What can shift our perspective?**  
Matthew 6:24-34
4. **What does Jesus say about these things?**  
Mark 4:35-41, John 16:33
5. **In trouble, what does God say to his people?**  
1 Peter 5:5b-11
6. **What does it look like to find rest and hope?**  
Psalm 62:1-8

# ANXIETY



## Ramp Up (20 min)

Check in with what's going on in each other's lives or ask an icebreaker question.

Share what you applied or passed on to someone else from last week's discussion.

## This Week's Discussion (30-50 min)

Read this week's passage. Summarize it in your own words. As you go through these five questions together, stick to the passage, avoid tangents, and let the Bible speak for itself.

- ▶ What does this reveal about God?
- ▶ What does this reveal about people?
- ▶ What else did you learn?
- ▶ If you believed this was true, how would you apply it?
- ▶ If you put it into practice, what could be the challenges? What could be the benefits?

## Wrap Up (20 min)

How can we pray for each other?

## SIX GROUP DISCUSSIONS

1. **In distress, where can you find security?**  
Psalm 46
2. **How can we have peace?**  
Philippians 4:4-9
3. **What can shift our perspective?**  
Matthew 6:24-34
4. **What does Jesus say about these things?**  
Mark 4:35-41, John 16:33
5. **In trouble, what does God say to his people?**  
1 Peter 5:5b-11
6. **What does it look like to find rest and hope?**  
Psalm 62:1-8

# ANXIETY



## Ramp Up (20 min)

Check in with what's going on in each other's lives or ask an icebreaker question.

Share what you applied or passed on to someone else from last week's discussion.

## This Week's Discussion (30-50 min)

Read this week's passage. Summarize it in your own words. As you go through these five questions together, stick to the passage, avoid tangents, and let the Bible speak for itself.

- ▶ What does this reveal about God?
- ▶ What does this reveal about people?
- ▶ What else did you learn?
- ▶ If you believed this was true, how would you apply it?
- ▶ If you put it into practice, what could be the challenges? What could be the benefits?

## Wrap Up (20 min)

How can we pray for each other?

## SIX GROUP DISCUSSIONS

1. **In distress, where can you find security?**  
Psalm 46
2. **How can we have peace?**  
Philippians 4:4-9
3. **What can shift our perspective?**  
Matthew 6:24-34
4. **What does Jesus say about these things?**  
Mark 4:35-41, John 16:33
5. **In trouble, what does God say to his people?**  
1 Peter 5:5b-11
6. **What does it look like to find rest and hope?**  
Psalm 62:1-8

## GROUP GUIDELINES

1. The purpose of this group is to discuss questions about God.
2. The role of initiators is to facilitate a healthy small group process.
3. This group is not for experts. It's for new discoveries. If you think you are an expert, resist the urge to teach. Instead, try to listen and ask questions so that everyone can discover answers for themselves.
4. The format is informal discussion, not lecture.
5. If at all possible, read and think through the content and questions ahead of time. Share your ideas honestly and openly.
6. In each session a different person may ask the questions in order to encourage group ownership and dynamic discussions.
7. Maintain confidentiality, courtesy, and respect toward others, even if they don't agree with your position. Do not judge others and avoid side conversations.
8. Do not attempt to resolve all differences or conflicts of opinion. Keep moving when there seems to be an impasse.
9. Begin and end on time.
10. Review the discussion guidelines whenever there's a new person in the group.

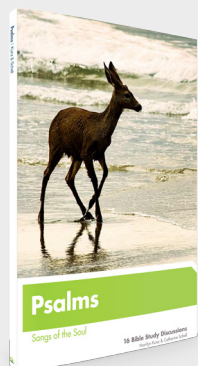
## GROUP GUIDELINES

1. The purpose of this group is to discuss questions about God.
2. The role of initiators is to facilitate a healthy small group process.
3. This group is not for experts. It's for new discoveries. If you think you are an expert, resist the urge to teach. Instead, try to listen and ask questions so that everyone can discover answers for themselves.
4. The format is informal discussion, not lecture.
5. If at all possible, read and think through the content and questions ahead of time. Share your ideas honestly and openly.
6. In each session a different person may ask the questions in order to encourage group ownership and dynamic discussions.
7. Maintain confidentiality, courtesy, and respect toward others, even if they don't agree with your position. Do not judge others and avoid side conversations.
8. Do not attempt to resolve all differences or conflicts of opinion. Keep moving when there seems to be an impasse.
9. Begin and end on time.
10. Review the discussion guidelines whenever there's a new person in the group.

## GROUP GUIDELINES

1. The purpose of this group is to discuss questions about God.
2. The role of initiators is to facilitate a healthy small group process.
3. This group is not for experts. It's for new discoveries. If you think you are an expert, resist the urge to teach. Instead, try to listen and ask questions so that everyone can discover answers for themselves.
4. The format is informal discussion, not lecture.
5. If at all possible, read and think through the content and questions ahead of time. Share your ideas honestly and openly.
6. In each session a different person may ask the questions in order to encourage group ownership and dynamic discussions.
7. Maintain confidentiality, courtesy, and respect toward others, even if they don't agree with your position. Do not judge others and avoid side conversations.
8. Do not attempt to resolve all differences or conflicts of opinion. Keep moving when there seems to be an impasse.
9. Begin and end on time.
10. Review the discussion guidelines whenever there's a new person in the group.

## CONTINUE THE CONVERSATION . . .



In the Bible study guide *Psalms: Songs of the Soul*, you can dig deeper into Scripture that puts a wide range of emotions into perspective.

Q Place helps groups explore the Bible together.

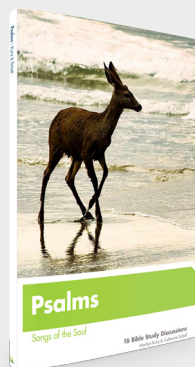
### MORE GUIDES

[QPLACE.COM/GUIDES](http://QPLACE.COM/GUIDES)  
1-800-369-0307



9-17

## CONTINUE THE CONVERSATION . . .



In the Bible study guide *Psalms: Songs of the Soul*, you can dig deeper into Scripture that puts a wide range of emotions into perspective.

Q Place helps groups explore the Bible together.

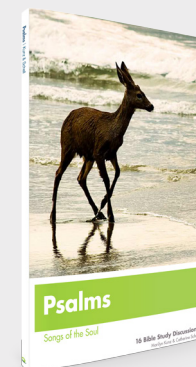
### MORE GUIDES

[QPLACE.COM/GUIDES](http://QPLACE.COM/GUIDES)  
1-800-369-0307



9-17

## CONTINUE THE CONVERSATION . . .



In the Bible study guide *Psalms: Songs of the Soul*, you can dig deeper into Scripture that puts a wide range of emotions into perspective.

Q Place helps groups explore the Bible together.

### MORE GUIDES

[QPLACE.COM/GUIDES](http://QPLACE.COM/GUIDES)  
1-800-369-0307



9-17