

-Anxiety-

Ice-Breaker:

- **What one thing has made you the most anxious this past year?**
- **What is your go-to method of unwinding when you feel anxious?**

Discussion:

1. **Read Mark 14:32-36. Jesus took three action steps when He dealt with stress and anxiety. He talked to His friends, His Father and His feelings.**

   ### Talk to Your Friends. Read Proverbs 17:17.

   - **Do you struggle with sharing your stress and anxiety with close friends? If so, why?**
   - **Thinking back over the past year, what are some ways your friendships (or lack of friendships) have affected you?**

   ### Talk to Your Father. Read Philippians 4:4-7.

   - **What is the cure for anxiety according to this passage?**
   - **Have you ever felt the peace of God guard you? What was that experience like?**

   ### Talk to Your Feelings. Read Mark 14:36.

   Jesus' feelings were all inclined to avoiding the cross. But He didn't allow His feelings to control Him. He talked to His feelings and submitted them to the truth of God's will.

   - **Are there any feelings you have a hard time controlling?**
   - **How might aligning your feelings with your faith change the way you live?**

2. **Read Luke 22:43-44. Jesus suffered from a medical condition known as 'hematidrosis,' where you sweat blood through your pores. This condition is brought on by extreme stress and intense mental contemplation.**

   - **Explain the difference between the *stress/anxiety* Jesus endured and *worry*.**
   - **Have you ever felt guilty over feeling stressed-out or anxious? Looking back, was it really related to worry or simply a physiological response to real danger in your life?**
   - **How does knowing that Jesus suffered extreme physiological stress minister to you personally and enable you to minister to others?**

Application:

- **What are some ways you can lean on your friends, talk to your Father, or align your feelings with your faith this week?**