

reGROUPS | THE GOSPEL ACCORDING TO MENTAL HEALTH [pt 2]

April 14, 2024 // ANXIETY

Text: Philippians 4:4-9; 1st Peter 5:7

Topics: mental health, fear, anxiety, peace, gratitude

TALK-IT-OVER

OPENER: Do you agree or disagree with this statement: *"Fear & anxiety are real, but so is the power of God"*? Why?

Discussion Questions

1. Which part of this message was most impactful for you and why?
 2. What are your thoughts on anxiety and its impact in our world?
 3. Do you know anyone who deals with anxiety? Or have you experienced anxiety?
 - What was it like? How did you feel? How did you deal with your anxiety? What did you learn about yourself?
 - Is there a particular area of your life that you tend to get anxious about more than others (e.g. finances, relationships, time, etc)?
 - How do you (or other people) respond to anxiety?
 - When you feel anxious where or who do you turn to for help?
 4. Do you think it's possible to find peace from anxiety? Why or why not?
 5. What does it mean to *"rejoice in the Lord"*?
 6. Why might rejoicing in what you believe about God help you overcome anxious thoughts?
 7. It's easy for prayer to become our last option (instead of first line of defense). Why do you think Christians struggle to turn to God first?
 8. What advice would you give to a Christian who is struggling with anxiety?
 - Would your advice change for a non-Christian?
 9. How can we pray for you?
-

CHALLENGE: memorize Philippians 4:4-8

FEAR: an unpleasant, often strong emotion caused by anticipation or awareness of danger

ANXIETY: an abnormal and overwhelming sense of apprehension and fear

**FEAR AND ANXIETY ARE REAL
BUT SO IS THE POWER OF GOD**

Growing spiritually and finding victory in mental health are connected.

*Christian Mental Health is not the **absence** of anxiety, it's the **presence** of a loving God.*

WITH GOD'S LEADING, WE CAN LIVE WITH...

#1 – AN ALWAYS KIND OF JOY

#2 – GENTLE GRATITUDE

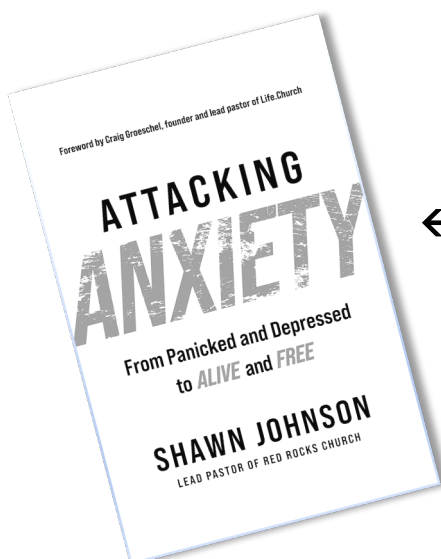
#3 – A NEW FOCUS / VANTAGE POINT

-
- *When we pray, we turn our attention to God and the possibilities that He has for our lives.*
 - *Prayer and gratefulness put anxiety in its place.*
 - The battleground of ANXIETY & FEAR is your MIND.
 - The way you're FEELING is typically an overflow of your own THOUGHTS
 - Prayer + Directed Thoughts = Peace & Joy
-

**I AM ALIVE TO LOVE GOD AND SERVE HIS WORLD
BY REFLECTING HIS GOODNESS IN MY THOUGHTS, ATTITUDES & ACTIONS**

**I WAS CREATED WITH PURPOSE AND VALUE,
NO MATTER HOW I SEE MYSELF OR WHAT I'M STRUGGLING WITH**

**GOD DESIGNED ME TO LIVE IN THE COMMUNITY OF GOD'S PEOPLE
WHERE MY FAITH & RELATIONSHIPS ARE STRENGTHENED**



← **Book Recommendation**