

How to Be Brave

Anxious for Nothing



Ice Breaker Questions

- What was the high point of your past week?
- What was the low point of your past week?
- **If time allows:** [Ask a follow up question from the previous weeks study.]

Key Questions

- What's one idea from Sunday's message that really stood out to you? Why did this grab your attention?
- On Sunday Ps Blake asked everyone to write down on a scale from 1-10 the impact anxiety has on their lives (with 10 being high). What would you say is your number on a normal day? What about on a stressful day? What causes the anxiety in your life to spike? Why?
- In your own words, what does it look like to "Cast all your anxiety on God"? Do find this difficult to do? Why or why not?

Optional Questions – *If needed, include one or more of these scriptures and questions to extend your conversation.*

- Read 1 Peter 5:6-7 aloud. These verses show a connection between pride and anxiety. In your own words, how would you describe what it means to "humble yourself beneath God's mighty hand"?
- Ps Blake shared that anxiety distorts reality. This is one of the reasons it's important to know God's word and stand firm in the face of fear. What are some practical ways to remember God's word in stressful seasons?
- Read Philippians 4:6 aloud. This verse tells us to pray more than we worry. Do you believe it's possible to be "anxious for nothing"? Why or why not?
- Read 2 Corinthians 10:5 aloud. This verse says we are called to take every thought captive. Ps Blake used the illustration of setting up your own TSA security team inside your mind. Many people never stop to think about the things we think about. Would you describe your mind and thought life as peaceful or anxious? Why or why not? How can you take steps to take every thought captive?

Next Steps

- *EASTER 2017: Who are you inviting to Easter on April 16th? Ps Blake shared that our vision is to impact over 316 people because "Brave People Bring People"!*