



Large Group Discussion Questions

10.30.24 - "Anxiety"

Workshop Summary:

Tonight's Family Talk Workshop on "Anxiety" led by Pastor Jeff will offer practical Biblically based strategies for both students and adults to manage and overcome anxiety in their daily lives.

Jesus faced into the most extreme mental and emotional anguish imaginable that night in the Garden of Gethsemane (see Mark 14:32-26); Jesus just had his Last Supper with his 12 disciples, and He knows that the next day He is going to be nailed to a cross to pay for OUR sins. HOW Jesus faced into what He was going through that night provides a guide for us when dealing with something like anxiety.

Many students may want to know if their anxiety is automatically called SIN. Here's how to explain this to students:

...if by anxiety we simply mean "those negative feelings that happen in us when something that means a lot to us is threatened," no, we would not call that sin. The Bible records the Apostle Paul and Jesus Himself experiencing those kinds of negative feelings and emotional struggles and clearly we know Jesus never sinned. BUT.....we as humans often DO take anxiety to a sinful level, which happens when we lose confidence in God's goodness and His plan for our lives, or when anxiety causes us to look for ways to take control rather than trust God. Jesus did NOT do either of these things. We often do when it comes to anxiety. Being prepared to walk through that with students may be helpful IF you have a student who is asking whether they are sinning or not.

Main Points:

➤ Anxiety is caused by living in WHAT-IF thinking

3 problems with 'what-if' thinking....

1. It leaves GOD out of the picture
2. There's TOO MANY what-ifs to count
3. It ROBS you of WHAT-IS

To win the war with anxiety....

1. Talk to your FRIENDS (Mark 14:32-34a)
 - Choose CONNECTION over CONTROL
 - A trusted friend may be your small group leader, your parents, a sibling, Charles/Mary/TJ, your best friend, or a counselor.

- Your friends can't fix you, but they can help support you.
 - Evaluate your SOCIAL MEDIA and ONLINE habits
 - Your social media and online habits can often decrease the time you spend truly connecting with others.
2. Talk to your FATHER (Mark 14:35-36)
- Start a RELATIONSHIP with your Heavenly Father
 - You will not find FULL victory over anxiety unless you get really good at connecting with your Father in Heaven.
 - PRAY – because if it's on your MIND...it's on God's HEART! (Philippians 4:6-7)
3. Talk to your FEELINGS (Mark 14:36)
- Let the what-if FLOAT by and live in WHAT IS
 - Introduce your feelings to your FAITH!
 - You must tell your feelings that they are *not* going to lead you.
 - Learn how to turn WHAT-IFs into WHAT IS
 - LEAN in and LEARN
 - Don't run from anxiety.....lean into it and learn that anxiety does not need to win!

Discussion Questions:

1. Did any of you, TONIGHT, FOR THE VERY 1ST TIME, ask Jesus to save you from your sins and lead your life?
2. In what areas of life are you anxious because you give into “what-if” thinking? What are YOUR what-ifs?
3. What are some situations that tend to make you feel anxious or stressed?
4. How do you usually cope when you feel anxious? Do these methods help or hurt in the long run?
5. When you are anxious, do you turn to *connection* or *control* to cope? With whom do you connect when you are struggling with anxiety?
6. Are your social media and online habits impacting your connection with others?
7. How might learning to talk/relate to God as your Heavenly FATHER help you with your anxiety?
8. What are some examples where you have seen anxiety or “what-if” thinking ROB you of WHAT IS?
9. What's one thing you can do this week to lean INTO your anxiety and trust God with it rather than run FROM it?