






	<p>The Battle Within: Pursuing Emotional Health - Anxiety &amp; Fear</p>
 <b>BIG IDEA</b>	<p>We all want clarity and control- what we need is trust.</p>
 <b>ICE BREAKER</b>	<p>What's the funniest or most unusual thing that has ever kept you up at night?</p>
 <b>MAIN POINTS</b>	<ul style="list-style-type: none"> <li>● We all deal with anxiety to some degree</li> <li>● The root of anxiety is fear, though we often use different words to describe it</li> <li>● When faced with uncertainty, we grasp for clarity and control</li> <li>● Jesus offers comfort instead of clarity</li> <li>● A Three-Step Process of Dealing with Anxiety <ul style="list-style-type: none"> <li>○ What if... (Identify the fear)</li> <li>○ That would... (Play it out)</li> <li>○ God will... (Remember His promises)</li> </ul> </li> </ul>
 <b>DISCUSS</b>	<ol style="list-style-type: none"> <li>1. What typically causes you the most anxiety or worry in your life?</li> <li>2. How do you usually respond when anxiety strikes?</li> <li>3. Read John 14:1-6. Why do you think Jesus emphasizes belief/trust as the antidote to troubled hearts?</li> <li>4. Which of Jesus's "I AM" statements resonates most with your current situation? Why? (Bread of Life (John 6), Light of the World (John 8), Door (John 10), Good Shepherd (John 10), Resurrection and Life (John 11), Way, Truth, and Life (John 14), Vine (John 15))</li> <li>5. The message mentioned that "91% of the things we worry about never happen." How does this statistic make you think differently about your own worries?</li> <li>6. What's the difference between wanting clarity and having trust? Which do you tend to seek more?</li> <li>7. Try applying the "What if... That would... God will..." framework to a current worry. How does this process help reframe your thinking?</li> <li>8. What truth about God do you need to remember when anxiety strikes?</li> </ol>
 <b>NEXT STEP</b>	<p>What practical steps can you take this week to "dwell in the shelter of the Most High" (Psalm 91:1)?</p>
 <b>SCRIPTURE</b>	<p>John 14:1 Do not let your hearts be troubled. You believe in God; believe also in me.</p> <p>John 16:33 I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.</p>
 <b>NEXT WEEK SNEAK</b>	<p>Join us next week and invite a friend as we look ahead to what is next!</p>

Questions or Feedback? Email [Groups@CentralAZ.com](mailto:Groups@CentralAZ.com)