



ANXIETY

ANXIETY PANEL DISCUSSION
NOVEMBER 17, 2019



THIS IS THE FINAL WEEK OF HOME GROUPS FOR THE FALL.

See note towards the end of this discussion guide for more info.

BEFORE YOU GET STARTED, group leader, please communicate something like this to your group:

“Before we get started tonight, I want to remind everyone that what is said here is important and we want to honor that. Our commitment together is to keep what is shared in this group here. We need to know this is a safe place to be vulnerable, so let’s honor what is said by keeping it here.”

GET TO KNOW EACH OTHER (USE JUST ONE OR ALL OF THESE QUESTIONS TO CONNECT AS YOU START YOUR CONVERSATION)

1 When you are sick, what helps you feel better?

This Sunday, we had a group of people share their experience with worry, anxiety, and depression. This week, in your discussion as a Home Group, we won’t have a super in-depth study, but instead, we want to give you a few scriptures to read through and a few conversation-starter questions to get your group talking about these very challenging issues that many face on a daily basis.

QUICK REVIEW (OPPORTUNITY FOR PEOPLE TO SHARE WHAT MOST STOOD OUT FROM SUNDAY’S MESSAGE)

Looking back at your notes from this week’s panel discussion, was there anything you heard that caught your attention, encouraged, challenged, or confused you?

“TALK ABOUT IT” CONVERSATION STARTERS

1 Someone read **2 Corinthians 12:7-10**.

⁷So to keep me from becoming conceited because of the surpassing greatness of the revelation, a thorn was given me in the flesh, a messenger of Satan to harass me, to keep me from becoming conceited. ⁸Three times I pleaded with the Lord about this, that it should leave me. ⁹But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore, I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. ¹⁰For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.

What are some ways that God gives us grace and strength to live with our weaknesses.

What do we learn from this passage about the value of persistent prayer in relation to our weaknesses and struggles - specifically, anxiety and worry?

How should we respond if God chooses not to heal or remove our “thorn”?

2 PRACTICAL QUESTIONS: choose a few questions that would be most helpful for your group.

What helps you calm down when you are feeling anxious? Do those things take you to a healthy place or cause more problems?

What has it looked like to trust Jesus as you have struggled or helped someone who has struggled with anxiety?

Look at the 5 areas of life below that Kourtney shared on Sunday. Of those areas, what are you neglecting that would be helpful for you to grow in? Of these areas, what are you doing that is leading you to a healthier place?

- Sleep
- Nutrition/hydration
- Moving your body
- Connect with God
- Connecting with others

What value does being in community bring as we are going through seasons of anxiety?

How can we grow to be a safer place to share struggles we have, and how can we be sure any new will feel safe here?

IF SOMEONE IN YOUR GROUP NEEDS TO BE IN A COMMUNITY FOCUED ON HEALING, refer them to **HOPE FOUND**, a group that helps people walk through difficult things by emailing Kristine Kauffman (kkauffman@cmodesto.org).

IF THEY NEED PROFESSIONAL HELP WITH ANXIETY/DEPRESSION, have them contact Verity Mollett (vmollett@cmodesto.org) and she can refer them to professional counselors that CrossPoint is partnered with.

CLOSING PRAYER

Pray as God leads you and your group this week to close things out

NEXT WEEK: WEEK OF JANUARY 12th, 2020

THIS WAS THE FINAL WEEK OF HOME GROUPS FOR THE FALL. We will not be having any more discussion guides until the week of January 12 in 2020! If you're group will meet through December, there will be an advent study available on the Home Group Leader Resource Page or it may be a good time to spend a few weeks on a topic that would be helpful to your group. Either way, if you have any questions, please contact your coach or email us at homegroups@cmodesto.org.

PRAISE/PRAYER REQUESTS (TRY TO HAVE ONE OR A FEW PEOPLE PRAY FOR ONE TOPIC AT A TIME)

Use this space or the back of this paper to write the requests and find a way to share those with the group so you can be praying for each other during the week

How to Use this Discussion Guide

The guide is meant to serve you and your group as you intentionally create a healthy environment for Gospel community, growing in friendship, and living like Jesus together. Use the guide as a tool to help your unique group.

With that in mind, please review the guide before your group meets to see if some content or questions might resonate more or less with your group. Don't feel pressure to read all the content during your group discussion or to hit on all the questions. The guide is not meant to be something you power through for the sake of completing. Pick the content from the guide you feel will help your group grow in Gospel community.

In addition, spend some time praying for your group each week, preparing your heart, and asking God for wisdom and guidance as you lead. We are praying for you too!

Visit cpmodesto.org/groupleaders to download the sermon discussion guide every week. Not in a Home Group, but want to be in one? Visit cpmodesto.org/homegroups and use the Home Group Finder!

COMMENTARY

NO COMMENTARY THIS WEEK