

Talk It Over

Missing Peace (Part 2) Heal My Anxious Mind

SMALL TALK

1. What's your go-to method for relieving stress or taking a break when life gets overwhelming?

VIEWPOINT

2. **Read Philippians 4:6-7.** What insights do you gain from this passage regarding how prayer and thanksgiving can affect our anxiety and bring God's peace into our lives?
3. **Read 1 Peter 5:6-8** How does this verse convey God's caring nature and our role in addressing anxiety? What does it mean to "cast" anxiety onto God, and how can this concept influence our approach to life's challenges?
4. **Read Psalm 34:4** In this passage, what can we learn about seeking the Lord and the result of such seeking in terms of fear and anxiety? How does the idea of being "delivered from fears" resonate with you, and how can it be applied to our faith journey?

GETTING PERSONAL

5. Anxiety often stems from a variety of sources, including relationships, work, and health. Can you share a recent or ongoing situation in your life that has caused anxiety?

MAKING PROGRESS (THIS WEEK)

6. What will keeping your eyes on Jesus look like for you this week?