



Week #2: I'm So Worried

- _____ emotional is not bad, but being _____ by our emotions is bad.

When Ahab got home, he told Jezebel everything Elijah had done, including the way he had killed all the prophets of Baal. So Jezebel sent this message to Elijah: "May the gods strike me and even kill me if by this time tomorrow I have not killed you just as you killed them." Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. "I have had enough, Lord," he said. "Take my life, for I am no better than my ancestors who have already died." Then he lay down and slept under the broom tree. ...

1 Kings 19:1-5 (NLT)

When we are driven by anxiety we:

- _____
- _____
- Focus on the _____
- _____ to others.
- Forget God and his _____

Don't be pulled in different directions or worried about a thing. Be saturated in prayer throughout each day, offering your faith-filled requests before God with overflowing gratitude. Tell him every detail of your life, then God's wonderful peace that transcends human understanding, will guard your heart and mind through Jesus Christ.

Philippians 4:6-7 (TPT)

We can win the battle with worry through:

- _____ and _____.
- Controlling our _____.

Keep your thoughts continually fixed on all that is authentic and real, honorable and admirable, beautiful and respectful, pure and holy, merciful and kind. And fasten your thoughts on every glorious work of God, praising him always. Put into practice the example of all that you have heard from me or seen in my life and the God of peace will be with you in all things.

Philippians 4:8-9 (TPT)

Discussion Questions

1. We have all experienced different levels of anxiety during this season of life. What or whom do you tend to turn to when you feel the sensations of anxiety?
2. What has your relationship with prayer been outside of anxious times? Does prayer seem to help settle you or does it make things feel worse? Can you identify why that is? Thinking about this, what might be a next step?
3. Can you think of a gratitude practice that might be beneficial when you feel overwhelmed? Share it with the group.

Recommended Resources

- *GODISNOWHERE: Where is God in the Midst of Your Pain?* by Mickey Stonier
- *The Anxious Christian: Can God Use Your Anxiety for Good?* by Rhett Smith
- *Breathe: Overcoming Anxiety, Depression and Negative Emotions*, by Timothy R. Scott, PhD
- *The Thing Beneath the Thing*, by Steve Carter
- <https://eastlake.church/mental-health-resources>