

Part One

What Does Anxiety Look Like?

Anxiety Triggers a Physical Response

Physical Helps to Combat Anxiety

PAUSE FOR THOUGHT ONE:

1. Have you heard or said any of the sayings at the beginning of the lesson that the world uses to calm anxiety? What was the result?



2. What are some ways you've seen anxiety trigger a physical response?

3. "A merry heart is like good medicine." Share a fun or funny story from your week.

Part Two

Knowing the Love of God as an Antidote to Anxiety

Knitting Together a True Picture of God



PAUSE FOR THOUGHT TWO:

- What caricatures (false pictures) have you heard about God?

- Take 3-5 minutes to write down your honest responses about the following questions. At the end of the time, share your responses.
 - When I have to trust God, I feel...

 - The one thing I'm afraid God will allow or do is...

 - I seem to get angry with God when...

Close this time by praying for one another using the Scripture 2 Thessalonians 3:5 and putting one another's names in place of the word "your" 2 Thessalonians 3:5 – May the Lord direct your hearts to the love of God and to the perseverance of Christ.



Part Three

Dwelling in Appreciation as a Weapon to Fight Anxiety

PAUSE FOR THOUGHT THREE:

Write down an appreciation memory of a time you knew God was for you. We'll take about two minutes to write about that and then you'll share your appreciation memory with one or two people nearby as both writing and sharing strengthen the memory of times God was for you.