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**Week 1: Rejoice!**

**INTRODUCTION**

The United Sates is the most anxious nation in the world. In any given year 50 million Americans will feel the effects of a panic attack, phobia, or other anxiety disorders. More than $3 billion worth of anti-anxiety medications were prescribed last year. With all of this going on it’s a safe bet that you or someone you know struggles with anxiety; what have you noticed as some of the effects of anxiety in people you know?

**DISCUSSION QUESTIONS**

1. Read Philippians 4:4-8. What are your initial reactions to these verses?
2. On Sunday, pastor Phil said that one of the main tools to fight anxiety is to rejoice in God’s sovereignty. How does the idea of God being in control help with anxiety?
3. Does guilt lead to anxiety? How so?
4. What are some ways that people cope with failure and guilt?
5. Jesus offers us an alternative to human coping mechanisms for our guilt. Talk about how grace, guilt, and anxiety all interact.
6. How can you know that God cares for you?

**STEPPING FORWARD**

Suffering is often a part of life; nothing goes our way forever. This week try to identify the sources of pain or anxiety in your life. Bring them to God and ask Him to take your anxiety from you.

*“We know that in all things God works for the good of those who love him, who have been called according to his purpose.”*

**Romans 8:28**