

When I Am

When
I am...



Week One: When I Am Anxious

Overview

How have your emotions been lately? If you're anything like us, the last few months have seemed like an emotional roller coaster at times. If you haven't struggled emotionally lately, many have. Anxiety, loneliness, anger, sadness, etc. affect many of our friends and family members every day. We know that our emotions come from God, but when we allow our emotions to go unchecked, we can become emotionally unhealthy. In this series, we want to take a look at what emotional health looks like, as defined by who God is. When we're (fill in the blank), what does God do? What does God say about our worries, sadness, anger, and more?

This week - we talked about worry and anxiousness. While more people than ever struggle with clinical anxiety, we also know that most of us in general deal with a lot of stress. Americans report being more stressed than the rest of the world, and that stress can have devastating consequences on our mental, physical, and emotional health. Yet Jesus is clear in his message to us: don't worry. While it's easy to say, it's often hard to put into practice. Yet Jesus calls us to trust God in all things, knowing that he cares for us and will provide for us.

Reading and Discussion

1. Read Luke 12:22-32. What stands out to you from this passage? What about it encourages you?
2. Do you struggle with worry, or anxiety? If so, what are some things that you often find yourself worrying about?
3. Share about a time in your life in which God provided for you, even in the midst of uncertainty. If you can't think of a time, share a situation that you're going through now – so that the group can pray for God's provision. Share if you feel comfortable.
4. In verses thirty-one and thirty-two, Jesus says: "*But seek His kingdom, and these things will be added to you. Do not be afraid, little flock, for your Father has chosen gladly to give you the kingdom.*" What do these two verses say about God's kindness towards us? What are some ways in which we can actively seek his Kingdom first?
5. As you close, pray for the situations in your life that are causing worry. Pray for God's provision, and for a release from worry and anxiety. Pray also that God may help you follow the path that George developed in his message: *Faith, prayer, work, faith.*

