



Small Group Discussion

The Week of: **March 17, 2021**

What's your life like?

What's one of your biggest fears? (funny or serious!)

Tell about a time when you had someone show up and care for you when you really needed it. How much better did that make you feel?

What are we talking about this week?

Fear, anxiety, worry, disappointment—all real and difficult struggles that young people face now more than ever. In this series, students will get practical tools to experience God's peace in the middle of it all. The struggle is real, but so is the power of God. This week's message will equip students to deal with fear + anxiety.

Key verses: John 14:27, 1 Peter 5:7, Proverbs 27:17

- 1. What stood out to you from this week's message?**
- 2. How can we accept the gift of peace that Jesus wants to give us?**
- 3. What does it mean to have "peace of mind and heart"?**
- 4. What worries, fears, anxieties, or trials are you dealing with?**
- 5. What would it look like to give those to God?**
- 6. What does it even mean to give your cares to God?**
- 7. How can being around peace-full people help us deal with fear + anxiety?**

Now what?

Who can you invite in to experience the community in your small group?