



IF I Could Just Be Free

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ANXIETY

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We all face times in life where we feel anxious—whether it's over a health issue, a relationship, a job, money, or kids. No matter the circumstance, God doesn't want us to get stuck in a state of anxiety; He wants to help us through it, carrying our burdens and guiding us to a place of peace.

Discussion Questions

1. What problem or challenge have you faced where you felt you could get by on your own, without the help of God? How did that turn out?
2. What is your typical reaction when you face a situation that makes you feel like you don't have control?
3. Anxiety stems from carrying something you weren't meant to carry. What burdens are you currently carrying that you need to let go of?
4. **Read 1 Peter 5:7 and Philippians 4:6.** The next time you encounter anxiety, what steps can you start to take to overcome it?

Challenge

Find space in your daily routine where you can intentionally leave your anxieties behind. Perhaps it's when you walk out the door in the morning or on the drive into work. Start praying for God to take your anxieties, releasing them to Him. The moment you start to feel anxious about anything, use that as a signal to pray.

Commit to Memory

Humble yourselves under God's mighty hand, that He may lift you up in due time. Cast all your anxiety on Him because He cares for you. **1 Peter 5:6-7**