



Session 1—Community

Icebreaker

Who is your favorite group of people to hang out with?

Watch Session 1 of Anxiety Island

1. Is there anything that stood out to you about Emily's video? Can you relate to feeling anxiety as she talked about? Explain.

2. Who are the people around you that you view as your "community"? People that you can trust or go to when you need help?

3. Why do you think God makes it clear that we need community in our lives?

4. Galatians 6:2 says, “² Carry each other’s burdens, and in this way you will fulfill the law of Christ.” (NIV). How do you think your community can help you do this?

5. Have you had a time where you doubted God or felt very distant from God?

6. Think of someone that you know that is struggling with anxiety. Make a plan to reach out to them this week to connect.

Prayer

Fill in the name of a person, it could be your own name, as well as something they're struggling with and use this scripture as a guide to pray for that person.

Romans 8:28

God, I pray that you would work everything together for *good* for _____ as they're going through _____.

Don't forget: Watch our “Story of the day” to listen to people from The Jar studying scripture and giving a quick talk about how they work through anxiety. Scan this QR code to access the story videos:



Practical tips to help with anxiety:

- ◆ Reach out to someone you trust to share your worries/fears
- ◆ Get into a small group, go to Celebrate Recovery, GriefShare or volunteer
- ◆ Call or text a friend that you haven't talked to in awhile
- ◆ Don't isolate yourself



Session 2—Praying Through the Pain

Icebreaker

What is the most embarrassing injury you've ever had?

Watch Session 2 of Anxiety Island

1. Is there anything that stood out to you in Crystal's video? Could you relate to anything that she shared?
2. Paul, one of Jesus' closest followers, wrote this in Philippians 4:6 -
"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."

What part do you think thanksgiving plays in finding relief from our anxieties?

3. What is your first response when you begin to feel anxious?

- ◇ Distract yourself
- ◇ Work harder
- ◇ Self medicate - food, alcohol, etc.
- ◇ Talk to a friend or family member
- ◇ Pray

What do you want your first response to be?

4. What does taking your anxiety to God look like for you? For example - journaling, singing a worship song, taking a walk and talking to God, drawing, singing, etc.

5. Do you find it difficult to pray for yourself and the needs that you have? Do you have trouble being honest in your conversations with God? Why or why not?

6. Do you have a friend or family member that will pray for you or with you when you are feeling anxious? If so, how often do you call on them for support? If not, who might you be able to ask for help in this area?

7. Is there someone in your life that you have been worrying about rather than praying for? How can you pray for them this week?

Prayer

Fill in the name of a person, it could be your own name, as well as something they're struggling with and use this scripture as a guide to pray for that person.

Philippians 4:7

God, I pray that the peace of God would guard the heart and mind of _____ as they are going through _____



Session 3—The Perspective of Praise

Icebreaker

What simple luxury are you the most thankful for?

Watch Session 3 of Anxiety Island

1. Is there anything that stood out to you in Misty's video? Could you relate to anything that she shared?

2. Paul, one of Jesus' closest followers, wrote this in Philippians 4:4 -
"Rejoice in the Lord always. I will say it again: Rejoice!"

Paul also wrote these words in 2 Corinthians 11:23-25 -

"I have... been put in prison... been whipped times without number, and faced death again and again... Three times I was beaten with rods. Once I was stoned. Three times I was shipwrecked... I have been hungry and thirsty and have often gone without food. I have shivered in the cold, without enough clothing to keep me warm."

Do you think Paul was able to rejoice in these situations?

If so, how?

3. What are some characteristics of God that give you comfort when you are going through a difficult circumstance?

4. Think about a situation in your life in which you are feeling some uncertainty or anxiety. Take a minute to answer these two questions:

-What is the worst that could happen?

-What is the best that could happen?

5. Think about a situation that makes you anxious right now, list some things that you can be thankful for in regard to this situation. Share with the group if you feel comfortable.

6. What are some practical ways that we can shift our gaze from focusing on our current difficulties to focusing on God and his goodness?

7. Who do you know that is going through an uncertain situation right now? What is one specific thing you could do this week to encourage them?

Prayer

Fill in the name of a person, it could be your own name, as well as something they're struggling with and use this scripture as a guide to pray for that person.

Romans 15:13

God, you are the source of hope. I pray that you would fill _____ completely with joy and peace as they go through _____



Session 4—Decision Making

Icebreaker

What was the easiest decision you have ever made?

Watch Session 4 of Anxiety Island

1. What stood out to you most in Justin's story? Can you relate in any way?
2. Have you ever experienced anxiety regarding decision-making? Share with the group.

3. When have you been hesitant to reach out to others when you are struggling?

4. Justin shared the scripture,

This is what the LORD says: "Stop at the crossroads and look around. Ask for the old, godly way, and walk in it. Travel its path, and you will find rest for your souls. Jeremiah 6:16

What does this passage of scripture mean to you?

5. Have there been any paths in your life or "doors shut" that you didn't understand at the time, and now they make sense? Discuss.

6. What are some practical ways that you can remind yourself of the TRUTH that Justin talked about?

Prayer

Fill in the name of a person, it could be your own name, as well as something they're struggling with and use this scripture as a guide to pray for that person.

Proverbs 3:5-6

God, I pray that _____ would trust you with all their heart and that you would direct their path as they are going through _____