



## Session 3—Anxiety

### *Icebreaker*

What was your biggest fear as a child?

Watch Session 3 of MOOOOD

1. Did anything stick out to you from Nikki's story?

Read Matthew 26:36-39

### **Jesus Prays in Gethsemane**

Then Jesus went with them to the olive grove called Gethsemane, and he said, "Sit here while I go over there to pray." He took Peter and Zebedee's two sons, James and John, and he became anguished and distressed. He told them, "My soul is crushed with grief to the point of death. Stay here and keep watch with me."

He went on a little farther and bowed with his face to the ground, praying, "My Father! If it is possible, let this cup of suffering be taken away from me. Yet I want your will to be done, not mine."

2. How does Matthew, the author of this passage, describe Jesus' emotions at this time? How does Jesus express his emotions to his disciples? How does he express his emotions to God?
3. Why do you think Jesus bared his soul to his disciples, knowing that they would soon abandon him? Would you have done the same? Why or why not?
4. Do you think anxiety is an easy emotion to express? Why or why not?
5. On a scale from 1 to 10, how often do you experience anxiety, 1 being "rarely ever" and 10 being "at least daily?"
6. If you do experience anxiety, what have you found to be some healthy ways to deal with it? How have you dealt with anxiety in an unhealthy way?
7. Do you find that connecting with God brings relief from anxiety? If so, what does that look like for you?
8. When you are around someone who is feeling anxious, do you find yourself becoming anxious as well? Or are you able to bring peace and calm into the situation? How do you typically approach someone who is feeling anxious?
9. Who do you know that is experiencing anxiety right now? How can you be an encouraging friend to them at this time?



**Who in your life would benefit from coming to church with you next week to hear this series? Take a step of faith and invite them this week!**

## ***Prayer***

Share with the group any anxiety that you would like to receive prayer for if you feel comfortable. Pray for the person to your right by putting their name in the scripture below.

Philippians 4:6 - Then \_\_\_\_\_ will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

**Don't forget:** Watch our Daily Story videos and listen to people from The Jar studying scripture and talking about the different emotions we experience. Scan this QR code to access the story videos:

