



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