



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 _____