



## 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 \_\_\_\_\_