

INSIDE OUT.



SMALL GROUP WEEKLY VIDEO: [HTTPS://VIMEO.COM/606701176/6BDA690153](https://vimeo.com/606701176/6BDA690153)

Main Idea

Finding freedom from anxiety doesn't come because your future is free from hardships, freedom from anxiety comes because your future is in God's hands.

Starter

What is the best habit you practice to care for your mental and emotional health?

Discuss

As a group, make a list of the top five challenges you have experienced during COVID. Have everyone share the greatest challenge they have experienced and see if you notice any common themes. Try to rank them 1-5.

Read

Have a few people take turns reading [Matthew 6:25-34](#) as a group.

- Since we read this last week, how has a truth from this Scripture impacted your mindset? If you're not sure, what is a truth from this passage you need to embrace more this week?
- How big of an issue would you say anxiety is in your life?

1 _____ 5 _____ 10

Drowning in it

Dealing with it

Defeating it

Have someone read [Philippians 4:6-7](#) and discuss God's plan for dealing with anxiety.

- What do you find yourself worrying about most? How do you typically deal with it?
- How does this passage help you see how God wants you to deal with it differently?

****Encourage your group that is not wrong to feel anxiety or struggle with it, but God does not want us to remain stuck in it. He wants us to turn toward Jesus and others who can help us fight anxiety to experience more peace and gain God's perspective on our life. There is no shame in admitting anxiety, asking for help from a friend, or a counselor. In fact, that's how we find freedom!**

Apply

Have everyone take a step toward trusting each other and God's promise in this passage by sharing an anxiety you want greater freedom from in your life.

Spend some time praying for each other to experience more of the peace of Christ and trust in God's promises.