



July 24, 2022
Breathing Room: Relief from Worry
Discussions Questions

MEMORY VERSE:
When my anxious thoughts multiply within me,
Your consolations delight my soul.
Psalm 94:19

Kicking It Off – The last couple of years has created a lot of anxiety in people for a wide variety of reasons. What has been your “go-to” method to zone out and get away from the stress? How well is it working?

1. Read Luke 10:38–42. Often the things that worry and stress us out are out of our control, but many times we bring stress and worry upon ourselves based on our decisions and how we set our priorities. What does Jesus say here about how we can make better choices that will reduce our anxiety?
2. Read 1 Peter 5:6–11. Most of us are familiar with Verse 7. How does Noe’s image of us casting our cares like a fishing rod and then reeling them back in if we think God isn’t acting fast enough resonate with you? How does Peter say we can keep from doing this? Read further. What does God promise he will do if we will resist the urge to reel our cares back in (Hint v. 10)?
3. Read Matthew 11:28–30. What does Jesus say about finding relief from the oppressive thoughts that plague our minds? Do you find this easy or hard to do? Why? What can you do to be more willing to allow Jesus to order your affairs?

Putting It into Action – Read Galatians 6:9–10 and Proverbs 12:25. What does Paul say that we can mitigate the stress and anxiety over things in our own lives? If we did this what do you think it might do for the stress and anxiety in the lives of others? What are some tangible ways you and your life group come along side one another in this way in order to act in community to comfort and encourage one another?