



MESSAGE REVIEW

All of us have fallen down in one way or another this past year, and anxiety has managed to drag many of us into feelings of hopelessness and despair. The message the world has communicated to us is to isolate. But God has a different desire. While we can't always choose what we go through, we can choose what we think about. God wants to guard our hearts and minds with peace. Focus on His promises. Allow Him to walk with you through your anxiety.

WARM UP QUESTION

On a scale of 1-10, how much of a worrier are you?

- 1** **Read Lamentations 3:2-12.** What words does Jeremiah use to describe his situation? What physical responses is he having to his anxiety? What is his view of God in the midst of his struggle? What triggers worry in you and how often do you allow it to spin out of control into anxiety?
- 2** **Read Lamentations 3:17-18.** What has Jeremiah lost according to these verses? How has the narrative in his mind blinded him to God's presence and promises? How is focusing on what is true different than just looking on the bright side?
- 3** **Read Lamentations 3:21-24.** How is verse 21 a turning point for Jeremiah? What has happened in his mind? What attributes of God is he focusing on? What action do you need to take to stop worry from spiraling out of control?
- 4** **Read Philippians 4:6-9.** How do verses 6 and 7 point to a relational solution to our worry rather than a transactional one? What happens to your prayer life when you worry? What is your heart and mind filled with that's keeping God from filling it with peace?
- 5** How can you begin to put verses 8 and 9 into practice this week? What do you need to engage with and disengage with? If you imagine God with you in the tunnel of anxiety, how is He responding to you?

RESPOND

What have you learned about God from His Word? How is He asking you to apply it to your life? When will you apply it?

Encourage group members to read Daily Bible Reading on the church app or have it delivered to their inbox daily. Subscribe at tpcc.org/dbr. Use your group chat to check in on thoughts about these throughout the week!