



**Sermon-based small groups connect the week to the weekend!**

*Dig deeper into the talk each week, while getting connected, cared for and known. Challenge yourself to see how the message actually makes sense and applies to your everyday life and do it with people just like you to support you on your journey.*

**Message Info:** Anxiety Hack, 8/28/22 - Anxiety can feel like drowning and the water and waves are everywhere. If you are sinking in anxiety, please know you are not alone. There is help for you. Social media is full of anxiety hacks that help, but this message pulls an anxiety hack out of scripture and helps us get on God's plan for walking through it and finding a fresh and better way to deal with anxiety when it springs up on us. Just take a B.R.E.A.T.H. (Passages: 1 Peter 5:7; Psalm 139:17-24; Psalm 46:10, Isaiah 46:8-10; 1 Thessalonians 5:6; Proverbs 15:22; Proverbs 13:4)

**Discussion Questions:** Take your time and dig into these questions.

Do you think anxiety is becoming more of a problem for people these days? Why or why not?

Pastor Josh said anxiety can feel like drowning. How would you describe the feeling of anxiety? Anything you could compare it to?

Read Psalm 139:17-24. What sticks out to you from this passage? Why?

Have you ever felt like David, good feeling gone, great moment interrupted by stress or anxiety? How did you handle it?

Why do people tend to believe things like: "I can just power through this anxiety" or "If I was more spiritual I wouldn't have anxiety" or "I'll just pretend it isn't a problem and stuff it away."? Does it work? Why or why not?

The anxiety acronym take a B.R.E.A.T.H. is a practical anxiety hack from scripture. Do you remember what each letter stands for? Can you share with the group? (Be Still, Remember God, Evaluate Your Space, Ask God To Lead You, Talk To Someone, Healthy Activity) How can you practice this when dealing with anxiety?

Read 1 Peter 5:7 Casting in this passage means to do it repeatedly or keep on doing it. What does that imply? Why does this passage say we should take our anxiety to Jesus?

**Group Challenge:** Invite someone to church with you.