

Small Group Questions

Anxiety and Depression

April 28, 2019

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*You do NOT have to answer or discuss every question. Feel free to just pick a few. These are meant to guide you in truth. If you are having trouble answering a question, ask your small group leader to help you. They are committed to helping you develop as an authentic follower of Christ.

The COMMUNITY:

1. What is your most irrational fear?

Into the WORD/APPLICATION:

Here are some suggested sites in order to dive deeper into God's Word: blueletterbible.org, desiringgod.org/articles/all, biblos.com, ccel.org, logos.com, connect.ligonier.org, thegospelcoalition.org/channel/bible-and-theology.

1. Read Psalm 42:1-5 together. What verses stand out to you? Are there any in particular that you identify with? How can you practically apply this Psalm into your life?

2. Read Luke 10:38-42 together? Who in this story do you identify with more? Are you more like Martha or Mary? What can we learn from Jesus' response to Martha?

3. Read Romans 8:31-39 together. What verses stand out to you? Take a moment to reflect on the Gospel and your identity in Christ as a result of the Gospel. How should this inform the way we process our emotions?

4. Read Philippians 4:6-7 together. Have you ever had a time in your life when you felt the peace of God in a way that surpassed your understanding? Describe how the peace of God guarded your heart and mind in Christ Jesus.