



Small Group Notes

1. Digging Deeper

Question: Today we kicked off our new series, When Darkness Comes, by looking at Anxiety. What parts of the message do you feel like you needed to hear most?

READ: Matthew 6:24-34

Question: How do these verses help us deal with Anxiety and Worry?

Question: What are some unhealthy ways we try to deal with anxiety and worry?

Question: Have you ever tried to rationalize why you worry? If so, what are some reasons you have used to justify it?

Share a time when you were worried about something that seemed, at the time, to be a major source of unease. How did the situation resolve? Did the worrying help the situation or hurt it?

Read: Psalm 139:17-24

What thoughts come to mind as you read these verses?

2. Asses Your Heart

Is there anything that is currently causing you to have anxiety or worry that the group can pray with you for?

3. Apply The Truth

Based on this week's sermon and discussion, what changes are you going to make in the coming days, weeks, and years?
