

ANXIOUS FOR NOTHING.

(Gather with some friends, family, or your Group and use the following questions, along with the message notes, to connect, learn, and take your next step.)

DISCUSSION QUESTIONS

What's the best restaurant meal you've ever had?

Part 1: What is the first thing you do when anxiety appears?

Part 2: Is prayer your first response or your last resort?

Part 1: Do you find it difficult or easy to identify the root cause of your anxiety?

**Part 2: How would you describe your prayers to God?
Are your requests specific?**

What are some helpful reminders you can put in place to live out these steps (name it, ask for it, find it, thank him)?

Check out our weekly
LivingItOut.tv Bible study
for more great questions.

**LIVING
IT OUT**