

EMOTIONAL HEALTH

HOW WHAT WE FEEL
IMPACTS HOW WE LIVE

PART 3: ANXIETY

Worry and anxious thoughts can sometimes make you feel like you're in an out-of-control, downward spiral. But there are ways to move forward and experience freedom.

WIN

To learn how to walk through worry and anxiety rather than allowing the feelings to control you

CONNECT

Take a few minutes to discuss: How would you currently differentiate between normal worry and anxiety?

LEARN

Before watching the video together and discussing the questions provided, we suggest taking a few moments to pray. Here's a simple prayer you can use:

Heavenly Father, Thank you for offering us peace, especially when life is difficult. Thank you for always being with us so that we're never alone. We ask for your help when life overwhelms us. Amen.

After praying, watch the video for Part 3.

APPLY

Discuss the following questions as a group:

1. What's the first thing that comes to mind when you hear the word "anxiety"? Is there one particular area of your life (physical health, finances, relationships, family, work, etc.) that surfaces anxious thoughts?
2. When worrisome thoughts strike, are you slow or quick to ask someone for help? Why or why not?
3. Have you ever felt pressured (either internally or from someone else) to hide what you're feeling or present a composed version of yourself to everyone? If so, how does this affect your relationships and your overall well-being?
4. Have any calming techniques (like the 5-4-3-2-1 technique) helped you when it came to walking through worry or anxiety? If so, talk about your experience. If not, would you be willing to give it a try?



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5. Have you found prayer to be helpful in centering yourself and finding peace during anxious moments? If so, how has it been helpful? If prayer hasn't been helpful for you, share your experiences with the group. Why do you think prayer has or hasn't been helpful?
6. Based on your own experiences, what advice or encouragement would you offer to someone who is currently struggling with worry or anxious thoughts?

PRAY

Spend some time praying as a group to close your meeting. Ask God to help you recognize anxious thoughts and worry as they start to surface before they begin to take over. Ask God to help those who may be struggling with anxiety to have the courage to take a next step toward living free from it.

ADDITIONAL RESOURCES

For those who may be struggling with anxiety, additional resources are provided below:

- *Beyond the Spiral: Why You Shouldn't Believe Everything Anxiety Tells You* by Will Hutcherson and Chinwé Williams, Ph.D.
- *The Anxiety and Phobia Workbook* by Edmund J. Bourne
- *The Anxiety, Worry & Depression Workbook: 65 Exercises, Worksheets & Tips to Improve Mood and Feel Better* by Jennifer L. Abel
- *Worry: Hope and Help for a Common Condition* by Edward M. Hallowell
- If you attend a North Point Ministries campus in the Atlanta-area, [counselingreferrals.org](https://www.counselingreferrals.org) can help you connect with a professional counselor.

