



Group Leader
Discussion Guide
Week 1 Sept 4th/7th

Announcements:

Launch of Thursday Night Service - September 4
Launch of New Service Times - September 7
Superior Campus Launch - September 7
Students Sunday Nights Launch - September 7
Single Moms Oil Change - October 18
Growth Track - October 19

DISCUSS IT

1. When you hear the word “anxiety” how would you define it? What impact have you seen in your relationship with God?

2. Principle 1: Widening Our Perspective on Mental Health

- Pastor Jared mentions four primary categories of mental health struggles: situational, clinical, medical, and spiritual. Can you think of examples from your own life or observations that fit into each of these categories?

3. Principle 2: Meaningful Relationships Are Critical for Mental Health

- Pastor Jared points out that even Jesus sought community during His most stressful moments. What can we learn from Jesus about the importance of asking for support? What holds us back from seeking these relationships?

4. Principle 3: Think About What You Think About

- In Philippians 4:6-7 we see prayer as worry directed to God. How does this practical approach to prayer impact your view on handling anxiety?

5. Philippians 4:8 suggests filling your mind with what is “true, honorable, right, pure, admirable, and praiseworthy.” What is one thing you can do each day to begin this practice? What benefit do you think it will bring to your relationship with God and others?

6. What are some positive steps or habits we can encourage in the group or individually to better support ourselves and others?

- RESPOND TO IT

What have you learned about God from His Word? How is He asking you to apply it to your life? When will you apply?

ONE LIFE
C H U R C H