

## Group Discussion Guide

### Emotionally Healthy “Anxiety & Fear”

- Pastor Jared mentioned that 'emotions are like waves from the ocean - you can't stop them from coming, but you can choose which ones to surf.' What does this mean, and how does it challenge the cultural message to 'follow your feelings'?
  - Think about a recent situation where you followed your emotions instead of making a principled decision. How might the outcome have been different if you had chosen which 'wave to surf' rather than being carried away by every feeling?
- According to Philippians 4:6-7, what is God's instruction for handling anxiety, and what promise does He give us when we follow this instruction?
  - When anxious thoughts come to your mind, how quickly do you turn to prayer versus trying to handle it on your own? What would it look like for you to use anxiety as a 'ping to pray' this week?
- Pastor Jared explained that 'how you frame anxiety determines how you see it.' What did he mean by this, and how can gratitude help us reframe our anxious thoughts?
  - What is one major thing you're worried about right now? How could you reframe that worry into a statement of gratitude, focusing on God's promises and what you're thankful for even in that situation?
- What does it mean to 'take your thoughts captive' as mentioned in 2 Corinthians 10:5, and why is this important for managing anxiety?
  - If you honestly evaluated your daily thought patterns, what percentage would you say are negative versus positive? What practical steps could you take this week to begin taking those negative thoughts captive?
- Pastor Jared said that 'anxiety stems from carrying something you were never meant to carry.' What are some examples of burdens we try to carry that belong to God, and how can we practice casting our anxiety on Him?

- What specific burden or worry are you carrying that you were never meant to carry? How can you practically 'cast' this anxiety on God this week, remembering that He cares for you as demonstrated through the cross?