



## WEEK Oct 3 – 9

### NOTES:

- In sharing & receiving one another in love, remember not to “fix” or explain away other’s pain. Be present, listen, and encourage.

### MAIN IDEA

God wants to guard our hearts and minds with peace.

### CHECK IN (HIGHS & LOWS) 15 min

A great, quick way to catch the highlights of what is happening in the lives of the people in your group is to take turns quickly sharing the “highs & lows” of your week. High: What was the highlight of your week? Low: What was the low point of your week?

### SETTLE IN (ICE BREAKER) 10 min

1. On a scale of 1-10, how much of a worrier are you?

### DIG IN (UNDERSTANDING) 15 min

2. Read Lamentations 3:17-18. What has Jeremiah lost according to these verses? How has the narrative in his mind blinded him to God’s presence and promises? How is focusing on what is true different than just looking on the bright side?
3. Read Lamentations 3:2-12. What words does Jeremiah use to describe his situation? What physical responses is he having to his anxiety? What is his view of God in the midst of his struggle?

What triggers worry in you and how often do you allow it to spin out of control into anxiety?

4. Read Lamentations 3:21-24. How is verse 21 a turning point for Jeremiah? What has happened in his mind? What attributes of God is he focusing on? What action do you need to take to stop worry from spiraling out of control?
5. Read Philippians 4:6-9. How do verses 6 and 7 point to a relational solution to our worry rather than a transactional one? What happens to your prayer life when you worry? What is your heart and mind filled with that’s keeping God from filling it with peace?
6. How can you begin to put verses 8 and 9 into practice this week? What do you need to engage with and disengage with? If you imagine God with you in the tunnel of anxiety, how is he responding to you?

### GEAR UP (APPLICATION) 20 min

7. What have you learned or re-learned about God today?
8. How is he asking you to apply biblical truth to your life this week? Is there a specific application?

### STEP UP (HOMEWORK) 5 min

9. Continue to devote yourself to God’s Word together. While anxiety is a part of life, this devotional is about surrendering our worries to God. <https://www.bible.com/reading-plans/17417-anxiety-not>