



GROUPS

at 12STONE

12.4.2022 Conversation Guide

How To Live Calm in an Anxious World

Life is full of reasons to be anxious: relationships, finances, sickness, instability. If you aren't anxious, you could be. People today struggle with anxiety so much that many experts describe our whole culture as an anxious culture. Which leads us to a question: how do you live merry and bright in a messy and broke world?

Key Scripture | Philippians 4:4-7

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (NIV)

- Related Scriptures | John 16:33

Icebreakers:

Q: Do you dream of a white Christmas—or is snow your worst nightmare?

Discussion Questions:

I. If you're not anxious, you should be

Q: What causes you to be anxious?

Q: Looking at the life of Mary and Joseph, they had stress and upset plans at every turn. Can you relate to having your plans upturned or sidetracked?

II. If you're not calm, you could be

Q: When your plans have been turned upside down, how have you seen God working?

Q: Do you have any mentors or role models who exemplify calmness + trusting God in the midst of anxiety?

Get Practical:

Take action based on 1 Thessalonians 5:16-18. **Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.** Wield the power of prayer and thanksgiving to surrender your anxiety to God.

Resources (click the links below to access)

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<https://12stone.com/volunteer/>

