



You're Not the Boss of Me | Anxiety

04.21.24

START TALKING | (Find a conversation starter for your group)

- In times of crisis, do you stay cool, get hot, panic, or dig in?

START EXPLORING | (Read the Bible)

Read Luke 22: 39-46

- What strikes you about Jesus' prayer? In saying, "your will be done," is Jesus bitterly resigning himself to the inevitable or quietly trusting in God's love?

Read Philippians 4:6-7

- While keeping in mind that you do not have the power to control, but you always have the power to surrender, how does that practically look for you in terms of this passage?

START SHARING | (Choose a question to create openness)

- Do you ever pray "your will be done"?
 - If so, what does that mean to you?
- When was the last time you prayed this way?
 - How did you feel afterward?
- On a scale from 1 to 10, what is the current stress level in your life?
- Since anxiety can be used as a signal letting you know it is time to pray, what are some of your physiological responses to stress that you can be aware of so you can "cast all your anxieties on Him"? (1 Peter 5:7)

Start Praying. (Be bold and pray with power)

"Father, thank you for never leaving us to face anxiety alone. Anxiety does NOT need to be the boss of me. You sent Jesus to be with me in my anxiety and to show me a way forward that can calm my troubled heart as I identify and discipline myself along spiritual lines. Help me in this new way of living. This is my prayer in Your name, Amen."

Start Doing. (Commit to a step, and live it out this week)

- Don't handle stress alone! Let the prayer team lift you in prayer. Submit your prayer requests to info@pathwayschurch.us.
- Build a playlist with songs that turn your mind and heart towards trusting God.