

Winning the War on Worry

Small Group Discussion Questions

Join our congregation for worship in-person or online at 10:30 am each Sunday via our [Grantham Church YouTube Channel](#). If you ever miss a message, the sermons are always posted to the [recent sermons page](#) at our website and at the [Grantham Church Podcast](#) the following day, along with the sermon slides and small group discussion questions under Worship Resources. Thank you for staying connected with us!

Sunday, January 21st, 2024



Sermon Title: Winning the War on Worry

Scripture Reading: Psalm 121:1-2; Matthew 6:25-34; Philippians 4:4-9

Sermon Focus: It's no secret that anxiety is at an all-time high in the US. And based on recent responses we've received from our congregation, "worrying" is something many of us would like to stop doing in 2024. Thankfully, the Bible gives us practical advice and spiritual direction on how to win the war on worry. In today's message, Pastor David invites us to work through our anxiety using the wisdom of the Scripture and the power of the Spirit, so that we can experience the peace and joy of Christ this year.

Thank you for going deeper in conversation with your small group in person or by video call. Use the following questions to help *guide* your small group discussion:

1. Pastor David began his message by sharing what led up to him experiencing anxiety attacks in 2019. He said that he would feel a shortness of breath, his heart-racing, a sense of impending doom, and darkness closing in on him. Did you find his willingness to be vulnerable in his message encouraging to you? What has your own experience with worry and anxiety been like?
2. As Pastor David shared about how the brain works and what can happen if we continually operate out of the amygdala (i.e., fear, high stress, fight/flight, etc.), what did you find most helpful? Did you learn anything new? Does it make sense that unregulated emotions can lead to mental and physical illness?
3. Read Philippians 4:4-9 together. This is one of the most practical passages in all of Scripture. Paul would have certainly known about anxiety. While he was no neuroscientist, he had enough experience to know how the mind, body, and soul works. And so, Paul is instructing us on how to respond in healthy ways to worry and anxiety. What do you resonate with most in this passage?
4. While medication might be helpful for some folks, it can also be unhelpful for others. We need to be honest about that. Why do you think we resort so quickly to medication instead of adopting healthy routines and practices (e.g., taking thoughts captive, eating & sleeping well, practicing spiritual disciplines, etc.)?
5. Max Lucado uses an acrostic to help us respond to anxiety, which is based on Philippians 4:4-9. Talk about each letter/line. Which one do you struggle with the most? And how is God inviting you to practice CALM in your own life?

Celebrate God's blessings

Ask for help (from God & others)

Leave your problems with God

Meditate on good things

6. Read Matthew 6:25-34 together. At the heart of the Sermon on the Mount, Jesus addresses our worries about this life. How encouraging is that?! How do these words of Jesus speak to you and your own worries in life?
7. What do you worry about? What is something you need to stop doing that adds fuel to the fire of your anxious feelings? Be specific. How is God inviting you to pursue his peace and joy this year? Finally, close in prayer for each other.