



Week 2: A Weary World...Anxious

Growth Group Opener:

What is the most unnecessarily dramatic thing you've ever stressed about in December?

Read Luke 1:26-38; Philippians 4:6-7; Matthew 6:25-34

What is interesting about Mary's response to the angel, amid so many unknowns?

What is the invitation Paul presents in the passage in Philippians?

How does the peace of Christ guard our hearts and minds?
Have you ever experienced this? If so, share with a friend or your growth group.

Where does anxiety tend to show up most in your life during the holidays?
(Ex.: People, finances, expectations, schedule, unknowns, etc.)

What would it look like for the peace of Christ to infuse that particular area of your life?
What would change? How would you move in that area in a different way?



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How might you “seek first the kingdom” when anxiety feels heavy?

Which truth about God feels most meaningful to you in this season: his nearness, his strength, his provision, his gentleness? Something else?

What is one small step you could take toward peace this week?

What do we learn about God in this passage?

Is there anything you feel the Holy Spirit nudging you to look at more closely?

Advent Challenge (should you choose to accept it)

For the next week, choose one or more of the following:

1. Write down your top 3 worries and pray over them daily.
2. Read Philippians 4:6-7 daily. Do your best to memorize it.
3. Choose one unnecessary responsibility, burden, or task to let go of this week.
4. Choose one intentional practice this week that helps you keep God’s kingdom at the center, such as creating a worship playlist, going on a prayer walk, writing a daily gratitude list, etc.

Prayer:

Father, thank you for the gift of your peace and the gift of your presence. Help us to trust you with the things that worry us most, and focus on your kingdom over everything else. In the name of Jesus, amen.

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