



Good Questions | Dealing with Anxiety

May 22 | Matt Anderson

WARM UP

1. What is your favorite summer memory from growing up?
2. What stood out to you in this week's message?

DIG IN

3. What is the two-step formula we shared for a "rejoicing" mindset? Have you ever tried this?
4. Talk about the saying, *If nothing's horrific, life is terrific*. How can low expectations be a pathway to having more joy? Does this contradict the idea of having "big faith"?
5. Read Philippians 4:4-6. How can we pray about bad things and stressors, "with thanksgiving" as the Scripture encourages? What does this look like?
6. Read verse 7. Why do you think Paul (the author of this letter) mentions that God's peace passes understanding when talking about how to deal with anxiety?

WRAP UP

7. Talk about the *Great Summer Grill Adventure* with your group. Brainstorm some ways that you could do something together to connect with people in your shared networks. What could this group try together? [SurpriseChurch.com/Grill](https://www.surprisechurch.com/grill)

EXTRA CREDIT

Read Luke 12:22-34

- How does Jesus use animals and plants to illustrate the futility of worrying?
- Verses 31-34 reveal that worry can come from putting our hopes in the wrong thing. What is Jesus saying here?
- Why does Jesus tell this story right after the Parable of the Rich Fool (Luke 12:13-21)?



Series: *Good Questions*
Title: *Dealing with Anxiety*
Speaker: *Matt Anderson*

1) RSVP for our Volunteer Night at Jimmy V's: SurpriseChurch.com/serve

2) **Generosity Progression:**

- Join the *Joy10 Generosity Experiment* (Text Joy10 to 701-380-8210)
- Become a first time giver: Text Surprise to 833-685-4336.
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Anxiety & Depression:

Philippians 4:6 – “Don’t be _____ about anything...”

Context: Philippians 4:4-5

Rejoicing:

1. Acknowledge the _____

2. Rejoice in _____

Expectations: *If nothing's _____, life is _____.*

A commitment to gratitude...

Philippians 4:6 ending

Instead of worrying...

Stress Sandwich

Philippians 4:7 – Fear of the unknown...

A purpose bigger than me...

-*Salt* summer series

Summer Grill Adventure: SurpriseChurch.com/Grill