



Conversationalist Part 4: Anxiety and Depression

GETTING TO KNOW EACH OTHER (Optional):

- How do you typically respond to conflict (i.e. I avoid it at all costs, I don't mind it, it gives me anxiety, etc.)?

BREAKING THE ICE:

- Do you typically see the glass as half-empty or half-full? Explain.

GO TO THE SOURCE: Philippians 4:6-7 (ESV)

DIG A LITTLE DEEPER:

WE CAN ALL FACE MOMENTS OF DEPRESSION AND ANXIETY

Read Philippians 4:6-7 and answer the following questions:

1. Paul writes that we should not “be anxious about anything”. Do you think that we can always avoid feeling anxious?

2. Now that we've established that anxiety and depression are not fake or silly issues. The next question is: How do we deal with anxiety and depression?
3. How could anxiety be characterized in a person's life? What could be some causes for anxiety and depression?

SOME THINGS THAT CAN HELP US DEAL WITH DEPRESSION AND ANXIETY

4. What does Paul indicate is the antidote for anxiety and worry (v 6)?
5. What does Paul say will happen when we devote ourselves to praying to God about our troubles (v. 7)?

MAKE IT COUNT

Help your group identify how the truths from the Scripture passage apply directly to their lives.

6. In addition to prayer, what are some things that can help you with depression and anxiety?
7. Scripture is filled with prayers. How could you use the words of Scripture as a personal prayer to God this week?

PRAYER

- Thank God for His peace that passes all understanding, given to you through a relationship with Christ Jesus.
- Ask Him to help you be a person of peace, both in relationship with Him and with other people.
- Ask Him to help you see the areas of your life where you are joyless, anxious, or discontent and to turn to and abide in Him.
- Pray that we would see prayer not just as an opportunity to get from God what we want, but as an invitation to a deeper, sweeter relationship with Him.