

better together _____

Take a moment to begin your group with the following conversation starters.

- In meeting someone new, do you: shake hands, fill the void with small talk, think first and speak later, or wear your feelings on your sleeve?

in process _____

- How has the quarantine / pandemic caused you anxiety?

always learning _____

Take a moment to pray before your discussion time. Read Proverbs 12:25 & 1 Peter 5:1-11.

- What benefit can good words accomplish according to 12:25? What should we learn?
- How does knowing God help us trust Him amid anxiety?
- How are Christians to deal with stress, tension, and hassles in 1 Peter 5:6-7? In what way does the promise in 1 Peter 5:10 give you encouragement?

practice _____

- Was there a time when you were fearful about something and acted out on that fear causing anxiety? What happened?
- Is there a specific area in your life you need to trust that God is in control: finances, relationships, time, etc.?
- How do you usually cope with your anxiety? Are there particular methods that you have found that help you more?
- Why is the influence that friends have on one another important?
- Challenge: During the coming week, find at least one way to encourage someone outside of your circle, i.e. a neighbor, grocery store clerk, postal worker, etc.

closing and prayer _____

Leaders, please close your group with a time of prayer. Please pray for the following...

- Health and unity of our congregation of Church at the Crossing
- Safety and health for all students and educators returning to school
- God's peace during anxious times throughout our world

Some questions were taken from the Serendipity Bible for Personal and Small Group study