

2. When looking at the root causes of worry, anxiety and depression, it's always important to weigh the surrounding life circumstances. The backstory of *"the affliction in Asia"* mentioned in 2nd Corinthians 1:8 (likely) comes from Acts 19:23-41. Read it aloud together and answer the following questions.
- Have a few group members recap the story using their own words.
 - In what ways do you think this event contributed to Paul's stress and sense of despair?
 - How do you self-evaluate your own stress based upon life circumstances? How do you make adjustments? What do you do if you can't make adjustments at the current time and just have to bear it?
 - In light of everything we have read and discussed tonight, is there anything you sense God asking you to do differently?

Personal reflection and application.

- Have everyone go around the circle and share one thing someone else said that struck a chord with you.
- Break up into smaller groups and pray (preferably men with men and women with women).

SO THAT YOU MAY
BELIEVE

THE
GOSPEL
OF JOHN



SUNDAYS 9:09AM & 11:11AM
701 W BROADWAY, ANAHEIM CA 92805
714.795.3945

“The Lord is Near”
Guest Pastor Chris Gilbert

» C.A.L.M.

| Luke 21:34 | Psalm 37:8 | Philippians 4:4-7 |

- _____ God’s goodness.
- _____ for _____.
- _____ your concerns with _____.
- _____ on _____ things.

» Ever had enough?

| 1st Kings 19:3-12 |

- We run ourselves into the _____.
- We _____ people _____.
- We focus on the _____.
- We _____.

SMALL GROUP QUESTIONS // WEEK ONE

What do you think?

From Sunday’s message, what particular point stood out to you, challenged you, raised a question for you, or got you to think?

The story of your life.

1. In general, does it take for you to go from a place of anxiety or worry to find a place of calm (ex: exercise, prayer, walks, time, a nice conversation with a friend, nature, etc.)?
2. Tell about a time in your life when you felt utterly exhausted and didn’t know how you would get through it. What helped you get through it? If any people in the group are currently in the middle of it, please take time to pray right off the top.

Digging deeper.

1. On Sunday, Guest Pastor Chris Gilbert talked about how to find a place of calm when dealing with anxiety and worry. For today’s discussion, we are going to focus on what the Bible has to say about anxiety and depression. In 2nd Corinthians 1:8-11, the Apostle Paul writes that a certain set of events made him and his team feel *“so utterly burdened beyond their strength that they despaired of life itself.”* That is quite a bold statement for someone who was an Apostle who wrote Scripture. Read it together and answer the following questions.
 - a. Have a few group members recap the main points using their own words.
 - b. In the text, Paul and his companions seem to have been able to turn their despair back to hope and trust in God. What things seemed to have helped Paul and his teammates do this?

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