

# CHECK UP

**HOW WOULD YOU DEFINE 'ANXIETY?'**

**WHAT IS THE OPPOSITE OF 'ANXIETY?'**

**WHAT IN YOUR LIFE DO YOU THINK CONTRIBUTES TO ANXIETY?**

**WHAT IS SOMETHING IN YOUR LIFE THAT BRINGS PEACE WHEN YOU MAY BE FEELING ANXIOUS?**

**WHO IS THE FIRST PERSON YOU GO TO WHEN YOU FEEL ARE STRUGGLING (MENTALLY, SPIRITUALLY, ETC.)? WHY HAVE YOU CHOSEN THIS PERSON?**

**OPEN YOUR BIBLE TO PHILIPPIANS 4:4-9. WHAT COULD IT LOOK LIKE TO TAKE YOUR ANXIOUS FEELINGS TO GOD?**

**DO YOU THINK IT IS POSSIBLE TO REJOICE ALWAYS? WHY OR WHY NOT?**

**DO YOU AND JESUS EVER TALK? IF SO, WHEN AND ABOUT WHAT?**

**PRAY**

**\*PLEASE REMEMBER TO CLEAN UP YOUR SMALL GROUP SPACE**

# Other Verses To Look At

If you Have Time

Psalm 9:9-10

Psalm 23

Psalm 34:17-18

Psalm 55:22

2 Corinthians 4:18

2 Corinthians 12:9

Isaiah 40:27-31

John 1:1-5