

Text: 1 Peter 5:6-7

**The Struggle**

- Anxiety's \_\_\_\_\_.
- People's \_\_\_\_\_.
- Anxiety's \_\_\_\_\_ potential.

**The Door to Well-being**

- \_\_\_\_\_.
- \_\_\_\_\_.
- \_\_\_\_\_.

**Navigating Anxiety Together**

- What we're \_\_\_\_\_.
- Demonstrating the \_\_\_\_\_.

## Life Enrichment

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What about today's teaching challenged, disturbed, or encouraged you?

- If you were a contestant on Fear Factor, what would you dread facing? Why?
- What are some legitimate forms of anxiety?
- When do you think a normal concern becomes a dominating force, crossing the line into unhealthy anxiety?
- According to Matthew 13:22, what does unhealthy anxiety do to our ability to receive and apply the word of God to our lives?
- Why do you think we sometimes have negative responses to those who are anxious?
- How can we become better at caring for our brothers and sisters who are struggling with anxiety?
- Why do you think Peter chooses humility, honesty, and hope as the keys to finding relief from anxiety?
- How are people different from machines and puzzles? Why does it matter?
- What role does the fruit of the Spirit (Gal 5:22-23) play in our ability to care for the anxious? How can we better empathize with them?