

⁶ So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor.
⁷ Give all your worries and cares to God, for he cares about you.

1 Peter 5:6-7

Start Talking:

- What kinds of situations stress you out the most?

Start Sharing

- What's your usual first response to anxiety?
- Have you ever thought of anxiety as a signal? How could viewing anxiety like a "signal to pray" change the way you think about anxiety?
- Do you agree that anxiety and pride are connected? Why or why not?

Read – Matthew 14:22-33

- How would you relate this story to being anxious for nothing?
- How would you explain the difference between "using prayer as a tool to control" and "surrendering to God" in your own words? What would this story have looked like if Peter tried to control the situation rather than begging Jesus to save him?
- In this story, Peter cries out "Lord, save me!" It is safe to assume that when Peter cried out, he wasn't calm or put together, but he was overwhelmed with emotion. Do you ever hold back how you are feeling from God? How could being honest with Him help in times of anxiety?

Start Doing:

- What steps can you take to surrender to God and break the cycle of anxiety this week?
- Consider the anxieties you're struggling with in life. Take time as a group to pray for each other and submit situations to God.

For more on living in peace and being anxious for nothing, read this Daily Quiet Time guide. Share this with your group so that you all can grow with God in alignment.

Don't let the conversation stop. Keep talking it over with others in a GROUP.
Don't have a group? Check out brevardcommunity.org/groups for new Online Groups!