

# SMALL GROUP LEADER GUIDE

## This Matters / Week 1

### BEFORE GROUP

#### BOTTOM LINE

Run to Jesus with your anxiety, and let His presence replace your fear

#### SCRIPTURE

*I will praise the LORD at all times. I will constantly speak his praises. I will boast only in the LORD; let all who are helpless take heart. Come, let us tell of the LORD's greatness; let us exalt his name together. I prayed to the LORD, and he answered me. He freed me from all my fears. (Psalm 34:1-4)*

*The LORD hears his people when they call to him for help. He rescues them from all their troubles. The LORD is close to the brokenhearted; he rescues those whose spirits are crushed. The righteous person faces many troubles, but the LORD comes to the rescue each time. For the LORD protects the bones of the righteous; not one of them is broken! (Psalm 34:17-20)*

#### GOAL OF SMALL GROUP

To give your students the space to process and make sense of their anxiety in them, in others, and around them. It's also an opportunity to give them practical tools to handle their own anxiety and to process through their emotions

#### THINK ABOUT THIS

This series is about giving a biblical world view on some of the more challenging, difficult, and sensitive topics in our world today. This year, there will be a theme of emotions throughout all 4 messages that are linked to a difficult topic: anxiety, sex and pornography, resentment and bitterness in relationships, and substance abuse. We want you as a small group leader to create a culture in your small group where students want to share and be vulnerable. Be reminded of the onboarding grid that we share in our onboarding document, we want both high support/care and high challenge.

*Create meaningful conversations. Adjust the questions as needed, and don't feel like you need to answer all of them.*

### DURING GROUP

#### DISCUSSION QUESTIONS

- Do y'all remember the anxiety trend by DoeChii? Remind me what it was
- How much is anxiety talked about at school or home?
- What are your thoughts on anxiety in general? Do you think a lot of people struggle with it?
- How do other students cope with anxiety?
- How do you handle it? What's your standard rhythm or process to get through it?
  - Do you think that's healthy?
- Why do you think so many people struggle with anxiety?
- Do you struggle with anxiety?
- Have a student read Psalm 34:1-4, 17-20 out loud. What is David trying to say in this Psalm?
- What does it practically look like to praise and pray in the midst of anxiety?
- How much of a connection do you think there is between technology and anxiety?
- Can you do a digital detox to help with your anxiety? Why or why not?
- What small step can you take to help with your anxiety?
- Additional opportunity for small group on the back ...

### TRY THIS

Pick a scripture as a group to memorize or place as a lockscreen on their phone. Every time they feel anxious they can look at their lockscreen before they go to their phone. Or try to have a digital fast as a group. Meet up somewhere and do no phones for a full hour!