Take Heart: Your Story with Anxiety
John 16:33
May 3rd, 2020
Mike Ensley

Questions for Discussion/Reflection

*COVID-19 Note: This is a unique but important time to stay connected. Consider calling a friend, setting up a Zoom call with a couple people, or using these questions at the dinner table to discuss the sermon. Contact Pastor Elyse (elysea@lifespringchurch.org) for detailed Zoom instructions.

Sermon Outline
Anxiety defined: The anticipation of pain.
Worry defined: Reacting in anxiety allowing it to dictate our next actions.
The power of anxiety lies somewhere in my story.
What old story is stirred up by what’s happening in the world around you today?
We cast our anxiety on God by choosing to accept the experience of it, AND refusing to lose hope in the larger story He’s invited us unto.

Sermon Discussion Questions
• (Ice breaker) Scott referred to Mike’s hair being longer than usual in his intro. How’s your “quarantine” hair-do?
• Discuss the definitions Mike gave for anxiety and worry. Are these helpful distinctions?
• Mike shared part of his story with anxiety. What role has anxiety played in your story?
• What old story is stirred up by what’s happening in the world around you today? When things are stirred up, how do you tend to process them?
• Mike talked about the life of Peter. He suggested that Jesus asking “Do you love me?” 3x’s was Jesus inviting Peter to revisit the wound so that he could be healed. Discuss this section of the sermon and how it relates to your interactions with Jesus in the midst of anxiety bringing up old wounds.
• In his benediction, Pastor Scott referred to the Holy Spirit as a “non-anxious presence” in our lives. Have you found this to be true? What role does the Holy Spirit play in anxious times? How might we learn to lean on Him more in our anxiety?
• Any other points from the sermon your group would like to discuss.