

## SERMON DISCUSSION GUIDE

# Keep Calm and Carry On

SEPTEMBER 25-26, 2021  
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### ICEBREAKERS

What was great about your summer? Challenging?

Leader - start off sharing your story in relation to anxiety – have someone share an aspect of their story each week. It helps to give a guideline of 3 positive and 3 negative things in our story that have shaped who you are today.

### QUESTION

- What types of things raise your anxiety level?

### READ

John 10:7 and I Corinthians 15:1-8

### QUESTIONS

- What would you say defines a "full" life or some Bible translations say "an abundant life"?
- What are some things we allow to rob us of the full or abundant life God promises us? How do those things subtly creep in?

### READ:

I Peter 5:6 (NIV)

### QUESTIONS

- What role does humility play in this?
- What can you control right now?
- How does complaining impact us? Those around us?
- What could you give up complaining about and pray about instead? Commit to the group to try this for one week.

**READ:**

Philippians 4:6

**QUESTIONS:**

- What's in charge of what comes out of our mouths?
- When/How have you experienced your heart impacting what you communicate to others?
- Why do you think the combination of prayer and being thankful bring peace over anxiety?

**READ:**

Romans 12:6 (MSG)

**QUESTION**

- What role does the comparison game play in all this?

**PRAYER:** God help us shift our focus to Your focus and our hearts to your heart. Give us strength and courage to take a step in losing the complaining and comparison. In Jesus' Name – Amen.

Leaders – go ahead and start a prayer journal/text group for your group.