

YOU'VE HEARD IT SAID



LifeGroups



Key things you heard

- What are some healthy ways to process worry?
 - Pray faith-filled prayers.
 - Remember who God is.
 - Tell others.
 - Exercise and take care of your body.
- A few Scriptures to look up and remember when you're battling worry: Philippians 4:6-9, Psalm 143:8, John 15:5, Psalm 46:10, Romans 8:38
- When you're feeling anxious, make a list from Scripture of who God is.

Pray: *God, You are good. You are with me. You are for me, and I trust You. Help me surrender all of my fear and worry to You, knowing that You alone can carry it. Help me get to know You more today and every day, and fill me with Your peace. I give everything to You. In Jesus' name, amen.*



Tweetable Moments



Inform the pain of your feelings about the truth of God's Word.



God doesn't just want to answer our prayers; He wants us to get to know Him.



Say What? Questions for conversation

Icebreaker: What's one thing you never worry about?

- What's one thing that stood out to you?
- How are you really doing right now? What worries or fears are you carrying?
- Talk about a time you struggled with worry. What happened, and what did you do?
- Read **Philippians 4:8**. What good, praiseworthy truths can you remember when you feel worried, anxious, or afraid?
- Think about your prayers the past week. Would you say they were faith-filled or fear-filled? How can you pray more faith-filled prayers?
- How can we as a group replace our worries and strengthen our faith?



Now Go Do It Resources and next steps

Challenge: Have a conversation about what you heard with someone you care about, whether it's a friend, your LifeGroup, a family member, etc. Use a communication method that works best for your situation.

- If you're not yet in a LifeGroup, find or start one here: www.life.church/lifegroups
- Make a plan to watch the 2020 Sisters Event with your LifeGroup. Find out more: www.life.church/sisters
- Find Pastor Amy's Prayer Matters: www.instagram.com/amygroeschel
- Watch Pastor Craig's *Emotions* series: www.life.church/emotions