



May 18-19, 2024

Opening Conversation Starters

- Share a meal together.
- Share an experience from your daily devotions (How is God at work in your life?)
- Share a takeaway from the Weekend Message (What has God been saying?)

Discussion Questions from Weekend Message (To help you hear *and* practice)

- Read [John 14:27](#). What are some differences between the peace the world offers and the peace that Jesus offers?
- Have you ever told yourself, "Don't be anxious"? Did it work? Discuss the reasons this might not be the most effective approach.
- Read [2 Kings 6:8-23](#). Pastor Jake mentioned that one way to overcome anxiousness is to trust that God is bigger than your biggest problem. Describe a time and situation when this truth helped you get through a trial.
- Check out the lyrics for "[Surrounded \(Fight My Battles\)](#)."
- Sometimes our battles are internal, such as with anxiety. Describe how we can fight our battles according to Verses 1 & 2.
- Describe a time when you felt surrounded by enemies, problems, or responsibilities. How does the bridge in this song remind you of spiritual realities?
- Elisha encouraged his servant by saying, "Don't be afraid. Those who are with *us* are more than those who are with *them* (2 Kings 6:16). How can you encourage each other in a similar way when someone in your group feels surrounded?
- Read [Romans 8:28-29](#). God is omnipresent, omniscient, all powerful, and all loving. Can any circumstance in your life surprise him, confuse him, or overpower him? The only trials you will face are the ones he *allows*.
- According to verse 29, what is the purpose for which the Lord allows trials in our lives? How can this help you overcome anxiousness?

Prayer Time

Consider praying in same-gender groups or same-gender pairs or trios. Encourage each other to be transparent in sharing their requests.

Rhythms of Discipleship



Freedom from
Strongholds

If your group hasn't gone through Rooted or Shapes of Rooted, you can find some tools to help you pray prayers of repentance on our [Life Groups Website](#), [Leader Helps](#), [7 Rhythms](#), [Freedom From Strongholds](#).