

## Book Club

### Putting an X Through Anxiety

# TALK IT OVER

#### Key Scriptures

*The LORD is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies; you anoint my head with oil ...*  
Psalm 23:1-5 ESV

*Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.* Psalm 23:6 NIV

*"I am the good shepherd ..."*

John 10:14 NIV

*"The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full."* John 10:10 NIV

*I have set the LORD continually before me; because He is at my right hand, I will not be shaken.* Psalm 16:8 NASB

*... my heart is glad and my tongue rejoices; my body also will rest secure ...*

Psalm 16:9 NIV

*LORD, you are my God; I will exalt you and praise your name, for in perfect faithfulness you have done wonderful things, things planned long ago.* Isaiah 25:1 NIV

*"... God my Maker, who gives songs in the night ..."* Job 35:10 NIV

Start talking. Find a conversation starter for your group.

- What are some small things that worried you this week?

Start thinking. Ask a question to get your group thinking.

- Which part of this message was most impactful for you and why?
- What characteristics or qualities come to mind when you think about Jesus? How did this message influence how you view Him?
- Read **Psalm 16:8**. What are some ways you can set your focus on Jesus? How might your life look different as a result?

Start sharing. Choose a question to create openness.

- Share about a time when you found freedom or a breakthrough from anxiety. What did your relationship with Jesus look like?
- Talk about any situations that are currently causing you worry or anxiety. Where are you needing God to move? Spend time praying about that with your LifeGroup.

Start praying. Be bold and pray with power.

*Father, You are our ultimate source of peace. Please help us to see You for who You are, to fix our eyes on You, to declare that You are our God, and to sing praises to You. Thank You for being with us in the midst of our anxieties and worries. In Jesus' name, amen.*

Start doing. Commit to a step and live it out this week.

- [Find one way to praise God for who He is each day this week. Share about your experience with your LifeGroup.](#)
- Start the *Wisdom for Mental Health* Bible Plan using Plans With Friends: [www.go2.lc/mentalhealthplan](http://www.go2.lc/mentalhealthplan)
- Consider how you could love others by serving on the weekend or with a Local Mission Partner.