

## **Small Group Questions – The Week of July 16, 2017**

**Scripture Reading:** 1 Peter 5:7

1. What have you worried about this week?
2. Why have you worried about it?
3. How do you know if you are anxious?  
Does your body tell you? Your thoughts? Your friends and family?
4. Why is it important that we name our fears instead of pretending they don't exist?
5. Can you imagine taking your anxieties and fears into your hands, and handing them over to God? What do you think God would do or say to you?  
(Hint: Read Matthew 11:28-30.)
6. How does anxiety present an opportunity to be more closely connected with God?