

# I Feel...Anxious

## Week 2 – September 19, 2021

### Scripture: Psalm 142

*Grab your Bible and a few people to connect with. Look up the verses below and share your thoughts. It's that easy!*

**Share:** Remember the last time you felt anxious and share the circumstances that led to it.

**Read Psalm 142 and the verses from 1 Samuel (noted below) together:** Take turns reading if you prefer. Enjoy the different Bible translations we each read.

**Discuss the following context:**

Life is returning to “normal” yet at the same time it’s not. And with that, many people are feeling anxious. People are feeling overwhelmed, nervous, and stressed. Anxious about what the future holds and uncomfortable with the uncertainty of what’s to come as the pandemic upended our lives and continues to keep things unsettled.

David experienced similar emotions during the seven years King Saul hunted him from one end of the land of Israel to the other. During this time David expressed his vulnerability and fear coupled with his trust in God through multiple psalms. As we adjust to life that seems to be ever changing, and process our own feelings of anxiety, we too can turn to God to express our hearts and feelings. He is not afraid of what we are feeling. He wants us to trust Him enough to tell Him what we are experiencing and feeling.

**Share your thoughts about following questions:**

1. Saul’s appreciation for David turned into anger and jealousy (1 Samuel 18:6-9) and David was on the run for years, living in the wilderness and hiding in caves (1 Samuel 18:28-29, 1 Samuel 19:1, 1 Samuel 19:9-10, 1 Samuel 19:11, 1 Samuel 23:14-15). David expressed his thoughts and emotions in Psalm 142. How did David trust God?
2. Most of us can’t relate to living on the run from someone trying to kill us, but we’ve experienced situations or circumstances that produced similar emotions. How can you relate to the emotions David expressed in Psalm 142?
3. Our human tendency is to “catastrophize” worse case scenarios. This mental activity generates the same physiological responses in our bodies as if the feared future events were actually happening. This takes us out of the moment we are in, robs us of any joy in the present, and takes a heavy toll on our health. Discuss how the following can help us process these emotions and navigate them in a healthy way.
  - a. Is my behavior or procrastination creating anxiety? Examine the parts of your life where you feel anxious and see if there is any behavior or procrastination related to those feelings.
  - b. Are my thoughts creating anxiety? Be aware of your inner dialog (self-talk), evaluate it (is it negative?) and to work to change it. Read 2 Corinthians 10:5, Romans 12:2a, Philippians 4:8 and discuss.
  - c. Am I engaging with God? A relationship with God does not mean we are exempt from anxiety, or will get a quick fix, however, the solutions we long for come as we cultivate our relationship with God and our ability to receive from Him. Read 1 Peter 5:7, Philippians 4:6-7 and discuss.

**Pray together:** Ask each other to share what is on your heart today. Pray for God’s peace to help guard and protect our minds and hearts from the anxious and overwhelming feelings that accompany the assaults of life. Pray to receive God’s peace through our relationship with Him. Thank God that when we keep our eyes fixed on Him, our anxiety does not control us.