

# Mindset

01.22.23 - ANXIETY



## INTRODUCTION

In the second week of our *Mindset* series, Pastor Chip addresses anxiety. Feelings of fear, restlessness, or unease describe this reality all of us face at times. These feelings can disrupt our lives and cause us to struggle.

## DISCUSSION

1. Anxiety is a neutral emotion; it is not clearly good or bad. However, how we respond when we feel anxious can be helpful or unhelpful. What are some things you do that help when you feel anxious?
2. **Read 1 Peter 5:7-9.** How does this assure us anxiety is not something to hide from God?
3. Anxiety can alert us to something else that's happening inside us. What are some steps you can take to tune into what could be causing your anxiety?
4. One self-care method is to address your spiritual health. What are some practical things you can do each day to care for your soul?

## TAKE ACTION

1. Make a list of what causes anxiety in your life. Bring this list into your prayer life and/or devotional time and listen for how God might be speaking to you.
2. Text **ANXIETY** to 99581 to talk about your anxiety with a campus pastor and receive counseling resources.
3. Be an encouragement to someone in your Little Iowa who is struggling with anxiety.

## RESOURCES

1. Read [The Anxious Christian](#) by Rhett Smith.
2. Watch [Facing Anxiety](#) by Jonathan Pokluda on [RightNow Media](#).
3. Read ["How to Deal with Anxiety as a Christian"](#) by Heather Rigglesman.