



When Anxiety Attacks

WARM UP

What's the most fun you've had in the last six months?

SET IT UP

We live in a world that steals our peace... Fox News, CNN, Facebook and Twitter bombard us with negativity every day. We race down so many paths in our pursuit of happiness but it doesn't look like it's working. Happiness seems to be so far out of reach for so many. Maybe something is stealing our joy.

CHAT IT UP

1. **In the message, Mark identified three things that steal our joy. Let's talk about them one at a time. The first joy thief is unresolved conflict. Read Philippians 4:2-5.**
2. **What do you feel when you have *unresolved conflict* with someone else?**
3. **What options do you have to deal with conflict? What do you normally do?**
4. **The second joy thief is *unexpected problems*. Read Philippians 4:6-7. On a scale from one to ten (with one being unfazed and ten being frazzled) how well do you handle stress?**
5. **What do you typically do when stressed? If necessary, what could you do instead?**
6. **The third joy thief is *unhealthy thoughts*. Read Philippians 4:8-9.**
7. **If there we could collect our thoughts into three buckets at the end of each day—one for good things, one for worthless things, and another for bad things—which one would have the most? The least? Why?**
8. **Which one of the three “thieves” stood out to you from the message? What changes do you need to make?**

WRAP IT UP

I can't always choose my circumstances but I can always choose my response. What do you need to do this week to get your joy back?

LEADER TIPS

- This series will explore the book of Philippians over ten weeks. Encourage your group to read Philippians together as we study it as a church.