

**FAC Small Group Questions  
Sunday Sermon Feb. 6, 2022**

*Choose some of the following questions to review with your group  
and then spend some time in prayer for each other.*

**Icebreaker Opening Question:**

Do you feel the winter storm that we experienced the past few days met your expectations, exceeded your expectations or did not meet your expectations? What is your favorite past storm memory (anytime, anywhere)?

**Finding Hope: Anxiety  
Read together Philippians 4: 4-9**

1. On a scale from 1 to 10 what has been your Anxiety level this past year?
2. In one word, what do you get most anxious about?
3. Major significant Biblical characters had experiences of anxiety. What does this tell us about anxiety and the Christian's emotional experience?
4. Anxiety is an emotion not a sin, but it can lead to sin. What are some acts of sin that can be rooted in the emotion of anxiety?
5. How does God's sovereignty allowing us to lay down our anxiety?
6. Not always, but at times, our anxiety can be rooted in guilt. How is God mercy in Christ the answer for our anxieties?
7. Think and tell of a time when a community of friends who allowed for vulnerability lessened your anxiety.
8. What passage(s) of Scripture do you use when you begin to feel anxious?
8. What is your practice of memorizing scripture? Does anyone have suggestions for a system, app or program to help with this important discipline? Pick a verse to memorize as a group before your next meeting that can help you in this battle!

*Pray for each other as a group. Specifically pray over the situations that are currently creating anxiety, not only for the situation but also for the person experiencing it.*