

OVER BEING ANXIOUS

DISCUSSION GUIDE 2

ABOUT THIS SERIES

Feeling anxious about the year ahead?

If the big decisions and big questions in 2026 fill you with anxiety, you're not alone. 1 in 2 Americans suffer from some form of anxiety, and 1 in 5 Americans take some form of medication to help.

If you're over being anxious, you're invited to join St. Mark for a 4-week series called *Over Being Anxious*. You'll discover practical steps you can take to discover the peace, the pace, and anxiety-free life God wants for you.

If anxiety isn't working for you, let's get *Over Being Anxious*.

ITEMS NEEDED

- Bibles

CHECKLIST BEFORE YOUR GROUP ARRIVES

<input type="checkbox"/> Pray for your group	<input type="checkbox"/> Read through the Discussion Guide	<input type="checkbox"/> Refreshments (optional)
<input type="checkbox"/> Clean meeting area	<input type="checkbox"/> Clean bathroom	<input type="checkbox"/> Crack front door

OPENING (5 MIN)

After a general welcome, say: For today's icebreaker let's go in a circle—

ON A SCALE OF 1 TO 10, HOW ANXIOUS IS YOUR WORK ENVIRONMENT?

AS A FOLLOW UP, HOW MUCH INFLUENCE DOES THAT HAVE ON YOUR ANXIETY LEVELS AFTER A WORK DAY?

After a brief discussion, say: As we continue our discussion about getting *Over Being Anxious*, we look at two factors that lead to our peace or our anxiety—the people and the pace in our life.

But before we get into all of that, let's pray.

OPENING PRAYER (1 MIN)

Host, lead the group in prayer, asking God to bless your time together.

PEACEFUL PEOPLE (10-15 MIN)

After a prayer, say: We are products of our environment! Far more than we realize. And this includes the people in those environments. The adage is that you are the average of the five closest people in your life.

QUICK QUESTION, HOW ANXIOUS ARE THE PEOPLE CLOSEST TO YOU?

I'LL ASSIGN SOME VERSES, AND THEN WE'LL REACT:

1 COR. 15:33 **PROV. 13:20** **PSALM 1:1** **PROV. 22:24-25** **PROV. 12:26**

WHAT PRINCIPLE STANDS OUT TO YOU WHEN YOU READ THESE TOGETHER?

After a discussion, say: This is more than reducing the influence anxious people have over you, and this is more than spending more time with peaceful people. This is about finding ways to spend time with Jesus, peace himself.

TAKE SOME TIME TO THINK—WHERE HAS JESUS PROMISED YOU CAN FIND HIM?

HOW HAS THIS SMALL GROUP HELPED YOU FIND MORE PEACE?

PEACEFUL RHYTHMS (10-15 MIN)

After a discussion, say: Another way you can get over being anxious is by addressing the pace of your life.

ON A SCALE OF 1 TO 10, WITH 1 BEING BARELY MOVING AND 10 BEING BARELY HANGING ON, HOW FAST IS YOUR PACE?

After a discussion, say: God never promised us a slow or quiet pace of life, but he does command and promise us to set a peaceful rhythm.

CAN SOMEONE READ EXODUS 20:8-11, SOMEONE READ ISAIAH 58:13-14, AND SOMEONE READ HEBREWS 10:25 ALOUD FOR US?

WHAT'S THE PROMISE ATTACHED TO THESE COMMANDS?

WHY DO YOU THINK IT'S SO EASY TO DISMISS THE IMPORTANCE OF A SABBATH RHYTHM?

WHAT CAN YOU DO, SPECIFICALLY, TO “NOT NEGLECT MEETING TOGETHER” WITH GOD’S PEOPLE IN WORSHIP?

CLOSING PRAYER (5 – 7 MIN)

After a discussion, say: As we close today, we'll pray about surrounding ourselves with peaceful people and establishing a peaceful rhythm to our lives.

BEFORE WE GET ARE THERE ANY OTHER PRAYER REQUESTS?

Host, after taking prayer requests, close the group in prayer.