

## Graceland: week four

### //DISCUSS

Q1 – What situations or people or scenarios tend to bring out anxiety in you?

Q2 – How do you tend to respond to anxiety?

1. Overfunctioning: the anxious tendency to attempt to take control of that which is not yours to control.
2. Underfunctioning: Is the anxious tendency to refuse to take control of that which you can control.

Q3 – Have you ever had a moment where you succumbed to anxiety and “freaked out?” What did that look like for you? What did it feel like?

Q4 – Have you ever been able to cultivate calm during a moment that feels completely out of control? What did that look like? What did that feel like?

Q5 – Grace refocuses me on what I can control by reminding me God is ultimately responsible for what I can't.

What things do you tend to want to control that you don't really have control over? What would it look like to invite grace into that situation?

### //READ

- **Main Passage: Matthew 26**
- **Psalm 139:4-6:** You know what I am going to say even before I say it. You go before me and follow me. You place your hand of blessing on my head. Such knowledge is too wonderful for me, too great for me to understand.
- **Psalm 139:23-24:** Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you and lead me along the path of everlasting life.

### //PRAY

Pray that God would help us calm our anxiety with his grace. That we would release control of what we can't control and trust Him with all of it.