"Everyday Anxiety"

OPEN IT

- What's something small that can unexpectedly stress you out during a normal day?
- When you feel pressure or anxiety, what is your natural first reaction?

READ IT:

- Psalm 131:1–3
- Philippians 4:5–7

EXPLORE IT

Understanding Anxiety & Triggers

- The message describes anxiety as "internal pressure triggered by false needs." How does that definition compare to how you typically think about anxiety?
- Which of the five false needs (perfection, control, having answers, saving the day, people-pleasing) do you most identify with . . . and why?
- How have you seen anxiety "leak out" through your reactions or behavior?

Psalm 131 – Be Humbled

- In Psalm 131:1, what does it look like practically to "not concern yourself with things too great" for you?
- Why is humility such an important starting point for dealing with anxiety?

Psalm 131 – Be Hushed

- Verse 2 describes being "calmed and quieted" like a child with its mother. What does that image teach us about God's posture toward us in anxiety?
- What keeps you from slowing down and allowing God to "settle your soul"?

Dependence on God

- The message says anxiety often reveals we are depending on something other than God. Where do you see that in your own life?
- According to **Philippians 4:5–7**, what role do prayer and God's nearness play in replacing anxiety with peace?

Moving Toward Hope

- **Psalm 131:3** calls us to "put your hope in the Lord." What does it look like to actively place your hope in God during anxious moments?

DO IT:

- **Name Your Trigger:** Identify one false need that drives your anxiety this week. Write it down. Pay attention to when it shows up. Confess it to another Christ Follower.
- **Pause & Pray:** When you feel anxiety rising, pause and pray Philippians 4:6–7 instead of reacting immediately.
- **Practice Humility:** Release one situation you cannot control to God each day this week. Verbally say, "God, this is yours."
- **Create Quiet Space:** Set aside 5–10 minutes daily to be still before God, asking Him to calm and quiet your soul (Psalm 131:2).
- **Replace the Lie:** When you feel a false need (e.g., "I must be in control"), replace it with truth (e.g., "God is in control, and He is near").