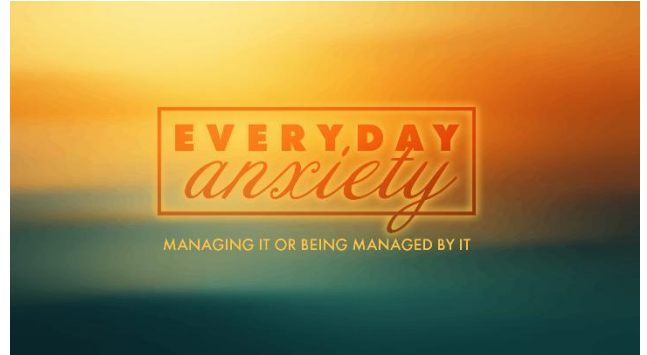


# “Everyday Anxiety (part 2)”



## OPEN IT

- When have you needed help seeing something more clearly (physically or mentally)? What changed once you did?
- When you feel anxious, do you tend to slow down and reflect—or speed up and react? Why?

## READ IT:

- Psalm 46:1–3
- Psalm 46:10–11
- 1 Peter 1:13

## EXPLORE IT

### Seeing Clearly and Understanding Anxiety

- The message compares anxiety to blurry vision. In what ways does anxiety distort how we see situations or reality?
- Why do you think anxiety increases when we are tired, overwhelmed, or in “dark” seasons of life?

### Truth vs. Reality

- Psalm 46 describes extreme chaos (earth giving way, mountains falling). Why is it important that the Bible acknowledges how intense life can feel?
- The message says, “Life is hard—but the greater truth is God is our refuge.” How does holding both truths together help reframe anxiety?

### Reframing False Needs

- Which of the five false needs (perfection, control, having answers, saving the day, people-pleasing) most distorts your thinking—and how?

- How does replacing a false need with truth about God actually change your emotional response?
- Which “greater truth” about God (His control, perfection, presence, knowledge, or acceptance) do you most need to lean into right now?

### **Practicing the Pause**

- Psalm 46:10 says, “Be still.” What makes it difficult for you to pause when anxiety rises?
- The message talks about “filling the gap.” What are some unhealthy things we tend to fill that gap with instead of truth?

### **Living Reframed**

- According to 1 Peter 1:13, how does setting your hope on Jesus (past, present, and future) help steady your mind and reframe anxiety?

## **DO IT:**

- **Practice the Pause:** When anxiety rises this week, intentionally stop and take a moment to “be still” before reacting.
- **Reframe with Truth:** Identify one false need and actively replace it with a truth about God (write it down and revisit it daily).
- **Anchor Your Hope:** Reflect daily on Jesus—what He has done, what He is doing, and what He will do (1 Peter 1:13).
- **Speak Truth Out Loud:** When you feel overwhelmed, say something like, “God is my refuge and strength—He is with me.”
- **Slow Your Mind in God’s Presence:** Set aside a few quiet moments each day to reflect on **Psalm 46:10–11**.
- **Shift Your Dependence:** When you notice yourself trying to control, fix, or prove something, consciously release it to God in prayer.