

Fear, Anxiety and Jehoshaphat – Week 1

2 Chronicles 20:1-19

Icebreaker: What kinds of situations generate anxiety in you?

When do you find it harder to rely on God's sovereignty or promises?

Are there truths or promises that you have clung to in times of difficulty? What are those and why were they helpful?

Discuss how the advice, "Don't worry, just pray" might sound unrealistic or hollow.

How might you respond to a friend who says, "I've tried casting my cares on God, but I don't feel any better, the anxiety continues."

Are there circumstances that bring anxiety that result in a positive response?

What good things might anxious thoughts drive you to?