

Appendix C

Questions for Individual Reflection or Group Discussion

1. Are there any pictures of anxiety hanging on the wall of your memory?
2. How do those memories shape how you deal with worry today?
3. What are the causes of worry in your life today?
4. How are you responding to the commandment to “be anxious for nothing”?
5. How do you know when your concern has morphed into worry and anxiety?

6. In what ways can you address corporate anxiety in your local church?

7. Read 2 Corinthians 12:7–10 and answer the following questions.
 - a. Do you think Paul experienced anxiety about his thorn in the flesh?

 - b. What specifically was his request? What was God's answer?

 - c. What was Paul's response to God's answer?

 - d. How can the message of sufficient grace help us when God does not grant our requests?

 - e. How does the knowledge that God might have another plan affect your level of anxiety? How should this affect your level of anxiety?

 - f. What is Paul's response in the remainder of verse 9 and in verse 10?

8. Can you recall a time when you dared to take God at His word, instead of living by your feelings and internal impressions? Describe your experience.
9. Have you ever experienced God's peace in the context of difficulty? If yes, what did the experience of God's peace look like in your life?
10. God's peace is granted to us through the power and ministry of the Holy Spirit. Are you filled with the Spirit? If not, why not?
11. Read Psalm 119:165 and Isaiah 48:18. What is the connection between obedience to the Lord's Word and the experience of peace?
12. How has your experience of God's peace impacted your witness to others about Christ?