

Beyond Blue

Anxiety, Doubt, and Fear Discussion Questions

Warm-Up: We all have stress in our lives! We'll each complete this stress evaluator quiz.

<https://www.dartmouth.edu/eap/library/lifechangestresstest.pdf>

<https://www.anxietycentre.com/tests/stress-test/>

- What were your total points?
- Do you want to share some of your stressors? (Affirm people who share, especially if this is new information.)

Discussion Questions:

1. What do anxiety, doubt, and fear look like in your life?
2. Read I Peter 5:7 (Cast your cares...) What are other Biblical stories that have helped you understand this topic? Phil. 4:8-9, Psalms 23
3. How does the world teach us to cope with anxiety, doubt, and fear? How does the Bible tell us to cope with these emotions? Look at Psalm 18:6 to see how David handled these emotions.
4. What are some ways to demonstrate love to someone who is anxious or full of doubt and fear?