

What to do with Worry

Small Group Lesson 2

WHEN LIFE IS HARD



STUDENT GUIDE

SCRIPTURE

PSALM 77

Read Psalm 77:1–9 and discuss 1–2 of these questions:

- How do you see the psalmist's honesty with God in these verses?
- Why is being open with God so important?
- Why do we hesitate to take our worry and anxiety to God?

Read Psalm 77:10–20 and discuss 1–2 of these questions:

- How do you typically deal with worry and anxiety in your life?
- How does the psalmist deal with his anxiety?
- What truths about God can help you when you experience worry and anxiety?
- How can you remember what God has done when you face stress or worry?



CONNECTION

- What does it look like practically to “run to God” when worry and anxiety come?
- How do you think it makes God feel when we go to him with our stress and fears?

MARK OF A DISCIPLE

Disciples of Christ trust God with all their worries and troubles.

APPLY IT

Create a list of truths about who God is and what he has done in your life or in the Bible. Next time you experience worry and anxiety, read that list. Be sure to share it with a friend and ask them to remind you about it when you start to feel anxious or worried.

Be specific:

- What are you going to do?
- When are you going to do it?
- Is there someone who can keep you accountable?

PRAYER

Take time to pray for each other's applications in the upcoming weeks.

MEMORY VERSE

**“Do not be anxious about anything,
but in everything by prayer and
supplication with thanksgiving let
your requests be made known to God.”**

Philippians 4:6 (ESV)

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