

bridgeway GROUPS

SERIES INTRO:

In this series we explore the struggles of mental health and how the Bible speaks into them.

DISCUSSION GUIDE: December 1 - Ron Aulbach

“From Anxiety To Resilience”

LIFE: When do you start decorating for Christmas?

ENGAGE THE MESSAGE:

1. **Read John 5:1-9.**
2. Pastor Ron gave a definition of anxiety as “carrying tomorrow’s problems with today’s strength.” What problems of tomorrow weigh on you the most?
3. What stands out to you about the story in John 5? Why do you think the man who had been ill for 38 years didn’t directly answer Jesus when He asked him if he wanted to get well?
4. Why might someone not want to get well?
5. Do you want to get well spiritually? What do you need to get well?
6. Rate your own resilience, your ability to adapt to life stressors. How much do you lean into God to help regulate your emotions?
7. What could it look like to let God come alongside you to give you strength and wholeness in the midst of anxiety? Consider memorizing Philippians 4:19 as your “911” verse.

MAKE DISCIPLES: How can you step into the lives of others to encourage and support those who are dealing with anxiety?