



**Break the Cycle**  
**Participant Guide – May 3, 2020**

<sup>6</sup> Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:6-7 NIV)

<sup>16</sup> Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. <sup>17</sup> For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. <sup>18</sup> So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal. (2 Corinthians 4:16-18 NIV)

**ICE BREAKER**

**What's the first thing you are going to do when the Stay at Home order ends?**

**DISCUSSION QUESTIONS**

- 1) Have you or anyone you're close to suffered from anxiety? How did this change the way you treated people or the way they treated you? How does seeing anxiety as a signal and not a sin change your perspective?**
- 2) Once anxiety begins to rise up in our life, we begin to enter what Andrew called the "crazy cycle" of anxiety. Have you ever fallen into this crazy cycle? What are some triggers for you that start this cycle?**
- 3) Paul shares with us in Philippians 4:6 that the way we break the crazy cycle of anxiety is to surrender. On Sunday we walked through two ways to do this. What were they and how can you begin to do them in your life?**
- 4) God doesn't promise to remove our anxiety/other pain, but to give us peace in the midst of it. He doesn't promise to remove the storm in our life, but to sit with us in it. How does that change the way you look at trials and struggles in this life?**
- 5) Andrew shared on Sunday (based out of 2 Corinthians 12:1-10) that what God doesn't remove, He will always use. How have you seen this to be true in your life?**

**PERSONAL REFLECTION**

- 1) How can you take steps this week to break the cycle of anxiety in your life?**
- 2) How can you fix your eyes on Jesus in the midst of the storm, allowing you to see the momentary and light afflictions we face in this world in light of eternity? (2 Corinthians 4:16-18)**