11/22/2020

Emotions: Anxiety

1. How does it make you feel to know Jesus experienced anxiety?

2. When Jesus was experiencing his time of anxiety, he asked his close godly friends to be with him. Who are some godly friends, who really want the best for you, that you can ask to be with you during a time of anxiety?

3. Jim said that anxiety can be a "warning light" that it is time to pray. Using the example set by Jesus in Mark 14:35-36, how can anxiety deepen our relationship with God?

4. Listening to our "feelings" can sometimes lead us in the wrong direction. How can we "be the boss" of our feelings? What steps can we take to ensure our feelings are leading us in the right direction?