



Community Groups are used extensively as the primary vehicle for discipleship at The Gathering and run on a quarter system. There is one in the fall, one in the winter and one in the spring. During the summer weeks we don't meet in Community Groups but we still offer the Growth Guides as a tool to help you grow personally. The Growth Guides are designed to help you dig deeper into the weekly sermon on your own or with your family and are available each week along with the note sheets at church as well as online.

USE THIS GUIDE TO PREPARE FOR THE DISCUSSIONS IN COMMUNITY GROUP.

Consider...

Use the summary and discussion below to review and apply this week's message:

Message Summary

Like addiction in Week 1, most of us won't find ourselves at the extreme when it comes to suicide. Instead, we'll struggle more with how to overcome things like anxiety, fear, and depression. That's so important, too, because the enemy of our soul will use dark seasons of the soul to try and convince us that there is no hope, and he'll use hope killers like anxiety and fear to make us think that we can write a better ending to our story than the Author. The answer to dark seasons of the soul isn't to look for a way out, but to look for the ways that God is coming in.

Discuss

Use the following questions to review and apply the points learned in the message.

- Share as a group (if you're comfortable) some of the triggers you've recognized in your life with anxiety.
- Neuroscience suggests that most of our anxiety stems from what MAY happen (in other words, the unknown) and not from what is actually happening. Have there been times when you were anxious about something that actually never happened? Tell the group about it.
- Read Philippians 4:6-7. Why do you think praying about everything can help us feel less anxious? How does the peace of God guard our hearts and our minds?
- Sometimes what we're anxious about actually does happen, and that's when we may begin to experience fear. Read the following verses and discuss the truth in them that counteracts fear. Psalm 34:4; Isaiah 35:4; Isaiah 43:1; Joshua 1:9; John 14:27; Psalm 118:6
- Paul talked about having "Bethel moments" when we suddenly realize that God is with us and is watching over his word in order to bring about what he has promised. How could being aware of God's presence help someone who thinks their story is over?
- This week's Big Idea says **instead of looking for a way out, look for the ways that God is coming in.** As you close group, list the ways that you are all seeing God in your current situations?