

Message Summary: Anxiety disorders are the most common mental illness in the US affecting 1 in 5 people. Anxiety has such a huge affect on our minds and our lives. It is one of the most treatable illnesses, yet most untreated in most Americans. Anxiety shouldn't be a way of life, but something we as Christians learn to manage. God gives us very powerful tools to combat this anxiety, so we will see what Scripture tells us about our thoughts and how they combat anxiety.

Mind Games

1. Prayer Changes our Brain

2. Prayer Engages Neuroplasticity

3. Prayer Affects our Behavior

LifeGroup Questions

Open - On a scale of 1-10 how anxious of a person do you consider yourself to be? Is there a particular thing that you tend to get anxious about more than others? (finances, relationships, time, etc)

Explore -

1. How do you usually cope with your anxiety? Are there particular methods that you have found that help you more?
2. Share some things that trigger your fight or flight mode. Where did that come from in your life?
3. In your experience, what part does prayer play in your daily life? Do you find it hard to pray for longer periods of time? Why do you think that is?
4. Think of some of those lies that have been spoken over you. Let's find some Scriptures that can replace those lies with truth in your life.
5. How would your life be different if you actually spent daily time in prayer about your anxieties?

Apply - Spend some extended time in prayer...at least 12 minutes praying for one another and the anxieties that everyone spoke of.