



ANTHEM TRIBE TALKSHEET

ANXIOUS FOR NOTHING

SCRIPTURE:

Philippians 4:4-6

1 King 19

MAIN POINTS:

- Mistakes we make:
 - Run ourselves into the ground
 - Isolate
 - Think negatively
 - Forget God
- God is near!

CHALLENGE YOUTH THIS WEEKEND:

- Create space to listen to God in silence this week

DISCUSSION QUESTIONS

- How can Elijah's story teach us about dealing with anxiety even when we have faith? Why do you think anxiety is something we all face, regardless of our beliefs?
- When Elijah was anxious, he isolated himself. Do you think isolating ourselves when we're struggling is a good idea? How can friends and community help us during tough times?
- Elijah had negative thoughts about himself. Have you ever felt that way? How do you think our thoughts can affect our anxiety levels?
- Why do you think getting rest and taking care of ourselves is important when we're anxious or stressed? How can simple things like sleep and self-care help us feel better?
- In Elijah's story, God was found in a gentle whisper. What do you think this means? How can we see God's presence in everyday moments, even when we're anxious?