

Keep the Conversation Going – Anxiety



Why do you think anxiety is hard to talk about, especially in the church?

How can we create an environment where sharing our hurts and frailties is normal practice?

Where does anxiety most often show up in your life? What situations, pressures or uncertainties make you anxious, and how does it affect you?

What's your experience of Jesus in your anxious moments? What do you want most from him? What do you need most from him?

How can you walk well with someone who is anxious or hurting? If someone at your table faces anxiety, let them lead in telling you what helps most.