

# Anxiety

Anxiety Is Not Your Identity



# Talk It Over

## Message Summary ...

Disclaimer: This week's discussion guide is based on the themes of Dr. John Delony's message, though it may not fully reflect everything he shared. We hope it helps you engage with the topic of anxiety and take practical steps toward building a non-anxious life.

## Key Scriptures ...

<sup>6</sup> *Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

Philippians 4:6-7 (NIV)

<sup>25</sup> *"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?" <sup>26</sup> Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? <sup>27</sup> Can any one of you by worrying add a single hour to your life?*

Matthew 6:25-27 (NIV)

## Start Talking ...

*Find a conversation starter for your group.*

- If you had a 'stress-free' button you could press for one part of your daily/weekly routine, what would it be and why?
- Watch this week's Sermon Refresh: [Here](#) (Available Mondays)

## Start Thinking ...

*Ask a question to get your group thinking.*

- Please read the Key Scriptures on the left.
- Philippians 4:6-7 talks about prayer, bringing our requests to God, and giving thanks. How do you think each of these—talking to God, asking for His help, and focusing on gratitude—can help shift our focus from worry to trust?

## Start Sharing ...

*Choose a question(s) to create openness.*

- Dr. Delony talks about making choices that lead to a non-anxious life. Have you ever made a small change that helped lower your stress?
- Strong relationships are key to reducing anxiety. How can we build deeper connections with other, so we don't feel like we have to handle anxiety alone?
- What daily decisions can we make to reduce our anxiety?

## Start Praying ...

*Father, thank You for Your peace that calms our anxious hearts. Help us trust You in every worry and lean on the relationships You've given us. Give us courage to take steps toward a non-anxious life, knowing You are with us. In Jesus' name, Amen.*

## Start Doing ...

This week, identify one daily habit that fuels your anxiety—whether it's too much news, overcommitting, negative self-talk or anything else. Replace it with something that builds peace, like prayer, gratitude, or meaningful connection. Track how it impacts your stress levels and share your experience next week.