



# GROUP STUDY GUIDE

WEEK OF APRIL 28, 2024 | WORRY, ANXIETY AND DEPRESSION

If you or anyone in your Group need additional support when it comes to worry, anxiety or depression, please check out [tpcc.org/care](https://tpcc.org/care) for opportunities to talk to a pastor, connect with a licensed counselor, or find resources.

## WARM-UP QUESTION

Do you think the church is a safe place to be honest about our brokenness? Do you feel like our group is a safe place to be honest about our brokenness? How can we grow in this area?

## DISCUSS

Start your discussion by sharing what stood out to you from Sunday's message. Were there any new insights or key takeaways for you?

Read [Matthew 6:25-27](#)

- What is the difference between saying "just stop worrying" and the way Paul talks about not worrying in verse 25? Which is more helpful and why?
- What imagery do you see in this passage? How does the imagery add to Paul's message?
- Read verse 26 again and notice how the birds aren't striving or saving. What does Paul's question remind you of?
- Read [Genesis 1:27](#). What does God say about people in this verse? What does it add to your understanding of Paul's message in Matthew?
- How are worry and control connected? Where do you see examples of the desire for human control in this passage? In your own life?

Read [Matthew 6:28-34](#)

- What stands out to you in this passage? What themes do you see?
- List the examples of God's character you see in this passage. What do they teach you about Him? About His relationship to us and us to Him?
- How could this passage be misinterpreted? Have you ever been given bad advice when it comes to worry, anxiety or depression?
- What are you worried about right now? What does it look like to surrender those worries to God? What does it not look like?
- What does it look like to pursue a life without fear or worry? What spiritual disciplines can help you grow in this?



# GROUP STUDY GUIDE

WEEK OF APRIL 21, 2024 | SUICIDE AND SELF HARM

Read Philippians 4:4-9

- Where do you see hope in these verses? How are they helpful?
- Spend an extended time in prayer over these verses. Here are a few suggestions of how to lead through that time:
  - Spend some time rejoicing! Praise God for who He is and for what He's doing in and through your Group. You can pray out loud or write down your praises.
  - Pair up and pray these truths over one another (Verse 8 is a great place to start!)
  - Have each person pray for the person to their left. They can pray over their thought life, their mental health, or that they would surrender their worries or fears over to God.
  - Pray as a Group and ask multiple people to pray out loud.
  - This might be a great opportunity to take communion as a Group to remember who Jesus is and the sacrifice he made for us. You can find more details on communion [here](#).

## RESPOND

- Based on what you just discussed, what do you think God is prompting you to do in response? When will you do it?
- Pray together as a group for the specific goals or areas of struggle that came up in your discussion. Thank God for revealing more of who He is, and ask Him to help you apply what He's prompting you to do this week.