



## God's Presence Through Suffering

*There is a prevailing sense of anxiety in the world around us, and for many people anxiety is a daily and personal struggle. Thankfully, the Bible isn't silent about this. This series helps us face the anxieties of life with the truth of the Word of God and the spiritual and practical applications it provides us today.*

- What is one thing that stood out to you from this week's message?
- Circle Time: What would you say your experience level is with anxiety?
  - Do you consider yourself an anxious person? Why or why not?
  - Or maybe it's not you? How do you help someone close to you who struggles with anxiety?
  - Can you prevent anxious thoughts?
  - What are some ways you work through them or how you advise others to work through them?
- In his teaching, Pastor Jon said that statistically anxiety is at an all time high in our society.
  - What do you think are the main contributing factors of this rise?
- Read Isaiah 54:10-11
  - What is Isaiah talking about in v. 10? Is he being literal about mountains departing and hills moving or is he describing something else?
  - How does anxiety sometimes feel like the world is crumbling around you?
  - Is that irrational? Why or why not?
- What is the covenant of peace Isaiah is talking about?
  - YHWH defines his relationship with Israel going forward as a covenant of peace. Their relationship had been marked by turmoil, adultery on Israel's part, and by an angry outburst on YHWH's part. Now, however, loyalty would mark their relationship, and thus peace would prevail. God's faithfulness has never waived.
  - Has this been your experience? Why or why not?
  - How can a person believe in God's faithfulness even during difficult times?
- How does believing this truth help you in dealing with anxiety?
- If you experience significant anxiety, do you need extra support? Our church has a Christian counseling center with licensed professionals. Check it out on the website if you are interested or call the church office.