



I Have A Bad Feeling About This

Facilitator Note: *We encourage facilitators to take this Bible study and expound on it throughout the week, allowing it to be a springboard for deeper conversation and personal meditation.*

PRESS START

Everyone experiences worry in some way. This truth is utilized often in the media as it can help the story connect with the audience in a relatable way.

Ask: What is one of the most suspenseful experiences for you in pop-culture media? How does it make you feel?

EQUIP

Worry and anxiety have been on the rise all over the United States for the last few years. It is something none of us are alone in experiencing.

Ask: What are things you often worry about?

LEVEL UP

Read: Philippians 4:6-7 Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

MOD

Through utilizing the illustration of the “Armor of God,” we all have weaknesses in our own “sets” of this armor. These are things that cause us to backslide, stumble, doubt, and more.

Ask: What are ways you cope with worry?

Ask: What reminders do we need from God when we worry?

PRAY

Pray: For comfort and peace to fill the hearts of those struggling with worry and anxiety. Ask for strength and courage to trust in God's provision and guidance, even in the midst of uncertainty.

NEXT LEVEL

Read: Matthew 6:34 So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.

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