

TALK IT OVER

Anxiety: Your Choice

BOTTOM LINE

To build a non-anxious life, you must choose reality and connection.

CONVERSATION STARTER

Do you have any physical scars? Tell about how you received one of them.

THINGS TO CONSIDER

What did you hear?

What do you think?

What will you do?

RESOURCES

- The Daily: newpointe.org/thedaily
- [60 Bible Verses for Anxiety](#)

KEY VERSES AND QUOTES

Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life. Psalm 139:23-24 NLT

And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another – and all the more as you see the Day approaching. Hebrews 10:24-25 NIV

“Our bodies are constantly striving for reality, even if we are not. Facing reality is choosing to take a true inventory of your life, work, relationships, and values. Avoiding the anxiety alarms is not a good option. It only makes them louder. There is great relief in accepting reality. It is where I can find grace and take action.” – Dr. John Delony

“When you are alone, your body ramps up threat detection. It makes us see and feel threats that aren’t there and divides the world into us and them. Living in community is one of the most difficult shifts to make, especially if you’ve been hurt and burned in the past. But without it, life will disintegrate.” – Dr. John Delony

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How do you recognize when you are anxious? What are the physical signs? **Choosing reality** is where all change begins – and that means taking an honest evaluation of your life, work, relationships, values, health, habits, finances, etc. How would you go about doing this? We tend to look at our current lives through our aspirations and optimistically instead of realistically. How can you evaluate honestly without giving yourself too much room yet without getting too discouraged? Where are you most unrealistic about your life? Why do you choose unreality? What makes it easy to move in that direction? Where are you proud of yourself and the person you are becoming? What area/areas of your life do you see that need changed? A second choice is **choosing connection**. Choosing to do life alone is choosing to die early, to have an anxious life, and to take everyone around you down with you. Discuss. What does it mean that “your connections are your emergency fund for life?” Who are *your* true connections? Who have you lost touch with but need in your life? What are some ways I can start today to be more connected?

ACTION STEP

I want to live a non-anxious life for Jesus, myself, my family, my world, and my witness. I will fully evaluate my life and connections and take action to make the necessary changes.