

From Anxiety to Peace
Journey Togetherish Lesson 3
Mustang UMC

In this video, we looked at Psalm 131 to hear a Psalm that proclaims peace. This is what verse 2 says, “I’ve kept my feet on the ground, I’ve cultivated a quiet heart. Like a baby content in its mother’s arms, my soul is a baby content.” Pastor Aaron invited you to imagine a baby who is completely content in your arms as an image for how we can be content in the arms of our Heavenly Father who loves us.

Anxiety is a normal human experience. We all experience anxiety, but just like fear there is a difference between experiencing anxiety and dwelling in anxiety. For too many of us, we can be consumed by worry and anxiety, which can affect everything in our world. Jesus is the Prince of Peace, and he wants to give us his peace.

Below are some discussion questions. Please do not feel that you must answer every question and instead trust the Holy Spirit to guide your conversation. Remember to give all people an opportunity to share.

- *What phrase, image, scripture or idea stood out most to you during the video?*
- *What are some of the things that cause you anxiety? How do you handle your anxiety in a good way?*
- *How do you handle your anxiety in a negative way?*
- *What tools do you use to cultivate a quiet heart? How do you grow in your trust of God?*
- *How can we pray for each other during this time?*

At the conclusion of your time, have someone pray for each other and for God to guide us as we move from anxiety to peace.