

Life Group Study Notes

October 23, 2022

When Darkness Comes
Philippians 4:6-8; 1 Peter 5:7



Anxiety and depression have grown to epidemic proportions. Our ability to cope with the challenges of life is continually being tested. How do we manage when the darkness overwhelms us?

Study – Discovering What the Bible Says

1. What is a key takeaway from last week's study?
2. Do you have a personal story of anxiety and/or depression that you would like to share? What were the external forces or narratives that were contributing factors?
3. What would you consider to be the major contributor to society's growing epidemic of anxiety and depression?

Read Philippians 4:6-8 and 1 Peter 5:7

4. What were some of the points presented for 1 Peter 5:7 (There were actually 4 in total)

5. Discuss the key principles presented in Philippians 4:6-8?
6. How do these two passages speak to the problems of anxiety and depression?
7. What was the key spiritual discipline presented in the message? What word was presented as a new way of thinking about this discipline?

_____ = _____.

8. List the 4 Rhythms of _____.
 - a. _____.
 - b. _____.
 - c. _____.
 - d. _____.

_____ is a _____ of _____ from God.

9. Is there anything additional that you would like to add or discuss on this topic?

My Personal Journey

1. Do you consider yourself more anxious or depressed than you were, say, 5 years ago? Why?
2. What is your biggest hurdle to adopting the lesson of this study?

Additional Notes

Coming Next Week – Part 7 of our Series, Messy Life

Who Cares?

Isaiah 41:10; Matthew 6:30-34

Fear, when allowed to govern our lives, can leave us helpless and hopeless. But fear can also serve as a signpost to something greater which in turn, builds courage, confidence, and hope.

Series Summary

*Messy Life: Finding Our Way Back to the Stress-Free Zone
(10 Part Series)*

We are born with this expectation that life should be perfect, but soon learn that life is messy and unpredictable. What if a messy life is really an invitation to something greater and potentially more hopeful?

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