

**Group Overview:**

This week Aaron continues our series Anxious for Nothing. Often, the biggest battles we face no one else can see. These battles take place in our minds. So, what do we do when we find ourselves battling with anxiety? Well, anxiety is a signal alerting you that it is time to pray. If it's on our mind it's on God's heart. This message will encourage students to present their request to God. God wants to hear from us and he is really good at listening.

**Announcements:**

Camp Sign Ups

**Ice Breaker:**

Have everyone go to their Instagram/Facebook/Snapchat and pick out a photo. Then, have the students share why that photo is important to them.

**Discussion Questions:**

1. Read Philippians 4:4-7 again. Ask students what stands out to you in this scripture and why?
2. Have you ever thought about anxiety as a signal? How could viewing anxiety as a signal change what you think about anxiety?
3. Do you ever hold back how you're feeling from God? How could being honest with God help in times of anxiety?
4. What steps can you take to surrender to God and break the cycle of anxiety to go to God for help?
5. Spend time letting students present their request to God. Ask students what is on their mind and how we can pray for it together.

**Prayer:**

**End with time of prayer – helping students present their request to God.**