

**Group Overview:**

Karl wraps up our series called Anxious for Nothing where we have been looking at what Jesus says about our anxiety. In this final week, he walks us through the process of how we can have perspective of praise in all situations. Hopefully this week will be a great time for you to talk with your students about how you keep a perspective of praise.

Announcements:

Camp is filling up, so make sure to remind your students to sign up!

Ice Breaker:

If you had a time machine, would you go back in time or into the future? Why?

Discussion Questions:

1. When you're feeling anxious, how do you typically respond?
2. Tell us about a time when anxiety has made you feel like you were separated from God?
3. Karl talked about a story of Paul praising God when he was in prison in Acts 16. Has your anxiety ever made you feel trapped? If so, how?
4. Read Philippians 4:4. What are some ways you can rejoice in God?

Prayer:

End with time of prayer – helping students practice rejoicing God when they are anxious.