



Session 2

Read: Genesis 3

- What does verse 10 say and life's uncertainties?

Read Philippians 4:6-13

- What two things does Paul recommend when faced with anxiety?
- In light of our sermon on Uncertainty, why does Paul focus on those two?
- In Philippians 4:8-9 Paul encourages his readers to break negative thought patterns. What positive virtues does he write about?
- Why does Paul do this?
- In the context of stress and anxiety, what is Paul's secret to learn?

Discuss

1. Can you share with the group a moment in your life where you became aware that the flow of life was uncertain?
2. What was the most meaningful part of our study? I.e. which part spoke to you most and why?

Questions:

1. What is the difference between anxiety and worry. Why is it an important distinction to make?
2. Why are our strengths often our greatest weakness?

Helpful Quotes

"Courage is not the absence of fear....Courage is controlling fear; courage is the ability to face whatever happens without being overcome by fear". Wayne Mach:
"Courage: Fighting Fear with Fear"

Our Favourite Reading about Uncertainty

General Reading for Matters of the Heart

Keeping the Heart by John Flavel

Emotionally Healthy Spirituality by Peter Scazzero

General Reading for Uncertainty

Courage: Fighting Fear with Fear by Wayne Mach

Stress

Reset: Living a Grace-Paced Life in a Burnout Culture by David Murray

Stress: Peace Amid Pressure by David Powlison

Anxiety

When I Am Afraid: A Step-by-Step Guide Away from Fear and Anxiety by Ed Welch

Anxiety: Anatomy and Cure by Robert W. Kelleman