

AT THE MOVIES

INSIDE OUT 2

Group Discussion Questions

Lean In

- What is your go-to happy place that helps you relax?

Look Down *Read Philippians 4:6-7*

- What does this passage say about how we should handle anxiety?
- How does God's promise of peace give us hope when we're feeling overwhelmed?
- Why do you think prayer and thanksgiving are emphasized as a response to anxiety in this scripture?

Look Out

- What are some ways that anxiety is affecting the people around us today?
- How can understanding your identity in Christ impact the way you respond to your fears and anxieties?
- How could we support someone who is struggling with anxiety, based on what we've learned from this scripture?

Look In

- What are some anxieties or fears that you need to bring to God in prayer this week?
- How have you seen God's peace help you through difficult situations in the past?
- What's one step you can take to remember your true identity when you're feeling anxious or overwhelmed?