

# DISCOVERY



CHRISTIAN CHURCH

April 26 and 30

Isolationism: A source of internal anxiety, Emilie Knauss

## SCRIPTURE REFERENCES

### Primary Scripture:

1 Kings 17-19

## QUOTE

*"Because relationship, community, and association are essential to human existence, the image of God in the human person is described in terms of love, the ability to share the pain, burdens, sorrows, and joys of others."*

— James H. Evans, Jr., *We Have Been Believers*

## DISCUSSION QUESTIONS

1. Emilie asked us to reflect on these two questions. Please share your answers with your group if you feel safe to do so.
  1. Are you lonely?
  2. Do you have a physical, emotional, or spiritual need that you aren't getting right now?
2. Isolationism, a source of internal anxiety, is found when a person has an internal need to feel alone in order to gain something. It reflects itself with the statement, "No one understands." Elijah the prophet went through this. What catches your eye in this story?
3. Emilie shared a list helpful tools on managing internal anxiety: reach out to a friend, recite the Serenity Prayer, create a life-giving list, schedule a counseling appointment, get involved with community at Discovery.
4. There are three major ways anxiety manifests itself: a spinning mind, racing heart, or tightening gut. Where do you notice your anxiety show up? Name a time when you recently experienced this anxiety.
5. Please spend some time praying for one another in your groups this week.

**Note:** If you or someone you know need emergency help, call 911. Here is the number for Colorado Crisis Services: 1-844-493-8255 or text "TALK" to 8255