



May 17

Steve Cuss

PRIMARY SCRIPTURE:

1 Sam. 17:38-39, Acts 4:18-20, Col. 3:3

DISCUSSION QUESTIONS:

1. Where have you seen anxiety spread in a group?
2. How might you stop the reactivity cycle in yourself this week?
3. The two opposite extremes of differentiation are 'enmeshment' and 'detachment.' Which extreme do you tend to drift toward?
4. In the message, Steve said, 'The differentiated self is a calm presence. Curious. Non Reactive. Keeping anxiety from spreading to self and others. Staying connected.' This can feel daunting and unreachable, but anyone can do it. What will you work on this week?
5. Anxiety tries to get us to live life on our strength, but God is in control, challenging us to trust God instead of self. But God is ready to invade our anxiety with peace. What tools help you depend on God?
6. One ongoing question: What is mine to carry, what is theirs to carry, what is God's to carry? What situation in your life does this make you think of?
7. "Jesus died to free me from depending on self and others. I can now rest in Christ because my identity is rooted and established in Jesus." What is your response to this?