

Hope for Anxiety Small Group  
Small Class Room  
April 12<sup>th</sup>, 7:00pm

7:00pm Introduction to Small Group

Objectives

1. Hear anxiety stories from Small Group members willing to share about their journey with anxiety and depression.
2. Encourage each other through uplifting words, prayer, scripture
3. Learn to cope better with the anxiety we live through various tools such as centered, focused thoughts (mindfulness), breathing techniques, and dependence on the Holy Spirit and the truth found in God's Word.
4. Become more hopeful that it's possible to live and cope with anxiety in our lives, and to one day ultimately be free and healed through Jesus Christ.

7:05pm What's your story? Share with the group a brief synopsis of why you've come to the group, and how you're doing with your anxiety

7:15pm Re-do Introduction to Anxiety Questionnaire for those who come a do over for those who have come.

7:20pm Dan and Rachele Greeting and Review of Workshop Highlights (Tools like Breathing, Imagery, Father, Son, Holy Spirit Breathing)

7:40pm Discussion of books to go forth from here. "Anxious For Nothing" by Max Lucado

8:00pm Adjourn with prayer