

# dark places.

Small Group Discussion Notes  
Sunday, January 22, 2017

There was a report in the news this week stating that January 15, otherwise known as “Blue Monday,” was the most depressing day of the year. What do you think of this report?

1. The normal response to unwanted stimuli is to experience the fight, flight, or freeze reaction. Have you ever noticed this trait in yourself or someone else? What happened? Do you have a typical pattern or way of responding when caught off guard?
2. Read Matthew 6:34. What effect might worrying about the past or the future have on today? Does worrying cause you to be anxious?
3. Read Philippians 4:4-9. What causes you to “rejoice in the Lord?” How often does Paul say we should rejoice? Does it make sense to rejoice when you are feeling anxious? Does knowing that “the Lord is near” help with your anxiousness? Why or why not?
4. Do you ever find yourself feeling anxious? Paul says to not be anxious about anything and then gives some suggestions? What does he suggest?
5. Are your feelings and actions affected by the way you think when you’re in difficult situations? In those moments, do you reflect on any of things Paul lists in Philippians 4:8? When you hear these “words,” what thoughts or word-pictures come to mind? How does focusing on positive things help with anxiety? What are some things that steal or distract you from the way of thinking Paul suggests?
6. How are verses 7 and 9 alike? What about these verses do you find encouraging? Would it be easy or difficult to put the steps in these verses into practice? Why?

**Abide/Love/Bless:**

Have you overcome a “dark place” in your life? Is your story one that might encourage others? Are you willing to share it?