



Discussion Guide Anxious For Nothing – Part 2 LEADER GUIDE

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Hey leaders! We hope you enjoyed week 2 of “*Anxious For Nothing*” this week. In a world filled with uncertainty, God invites us to release our anxiety to Him, and through prayer and gratitude He can replace our fears with a peace that surpasses all understanding. This series is encouraging us to share struggles, confront insecurities, and experience the life-giving rest that comes when we trust God with our worries.

Thank you for shepherding a group of people to Love God, Love Others, and Live Sent!

NEED A RESOURCE, HAVE A QUESTION, OR WANT TO HAVE A CONVERSATION?
Let us know how we can help! Contact your groups director or discipleship@rockbridge.cc

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**“If a care is too small to be turned into a prayer,
then it is too small to be turned into a burden.”**

[Corrie Ten Boom]

LEADER RESOURCES || Leader Note We do our best to equip, empower, and encourage you to shepherd your group well. Access a resource by clicking on the underlined title and share them with your group!

- **Passage Summary**
 - Not only do we all need help in life, but also throughout our days. Therefore, a big question is this: “Where do we get help?” In Psalm 121 and in the daily bread petition of the Lord’s Prayer, we’re invited to seek and obtain help from God who is very eager to give it. Yet, how this help is obtained and how it comes is vastly misunderstood. It comes simply through asking and arrives daily or as needed ... just in time!
- **Psalm 121 Commentary & What Does "Give Us This Day Our Daily Bread" Mean?**
 - Use this commentary and resource for background and encouragement. These would be good resources to share before you gather.
- **Bible Project on "Daily Bread"**
 - This podcast would be a good resource to share with your group after you gather.

ENGAGE & CONNECT || Leader Note The goal for the icebreaker is to prepare your group for the conversation ahead by connecting with one another’s hearts and building joy together.

Share about a time when someone unexpectedly helped you accomplish something meaningful or get through a difficult situation.

BEGIN WITH PRAYER || Leader Note Begin your time together by thanking God for his presence and praying His word back to Him. Ask a few people to pray, beginning in a posture of humility and dependence!

Spend a moment praying this passage, beginning your time together in humility and gratitude!

“Because of the Lord’s faithful love we do not perish, for his mercies never end. They are new every morning; great is your faithfulness! I say, ‘The Lord is my portion, therefore I will put my hope in him.’”
[Lamentations 3:22-24]

BIG IDEA || Leader Note *Read this aloud so your group knows the theme of today's reading and discussion.*

You may believe that you can trust God to help you ultimately, but do you trust Him to be your Helper HERE and NOW?

PASSAGE & DISCUSSION || Leader Note *Have people read aloud the passage as instructed. Your role is to FACILITATE, so keep your group moving along, encourage multiple people to share, and look for opportunities to point out the grace and glory of God! Here are two reminders: 1) Every question does not have to be answered ... go where the Spirit leads! 2) Answers do not have to be read aloud ... they're for guidance!*

Have someone read aloud Psalm 121. Have someone else read aloud both Matthew 6:11 and Luke 11:3.

1. What causes you to feel anxious or reluctant to seek help at times, even from God?
2. In v. 1-2, the psalmist asks, "Where will my help come from?", and he answers with confidence that it comes from God. What does this reveal about his understanding of God's role in life? *The psalmist sees God as an active, attentive protector and provider. This reflects a deep trust in God's power and presence, showing that God's help is reliable and covers every need, from physical safety to spiritual strength to emotional distress.*
3. What do you think is meant by "My help comes from the Lord", in contrast to viewing God ONLY as a Savior or King? Do you see God as all of these in your own life? *Answers will vary: while God as Savior and King speaks to His authority and power, seeing God as Helper portrays a more personal, intimate support system. It suggests that God is not only concerned with ultimate salvation but is involved in daily struggles and victories.*
4. How does "Give us this day our daily bread" express dependence on God for everyday needs? How regularly do you pray this? *This emphasizes the importance of daily reliance on God. It acknowledges that God provides for each day's needs and encourages trust in Him for consistent provision rather than relying solely on self-sufficiency.*
5. In the sermon we heard, "Many of us live with a secret arrangement: God handles the really big stuff. We handle everything else." How has this been true in your own life? What might this say about how you really see God and/or depend on Him in prayer? *This is a good opportunity to go first!*
6. How might our small group encourage one another to ask God for help in specific, personal ways, rather than just general or vague prayers? *We can model specific prayers in their time together, openly share requests, and recount specific answers to prayer. Praying intentionally helps members recognize God's hand in the details of their lives, strengthening faith in His active involvement.*
7. What is a specific area in your life where you feel you "need help"? How might acknowledging this and bringing it to God impact your level of peace?
8. Reflecting on "daily bread," what is one step you can take to rely more on God daily, rather than seeking control over tomorrow's challenges? *Answers will vary: focusing on today by starting each morning with a brief prayer for God's provision, setting realistic goals; by practicing gratitude for each day's blessings, future-focused anxieties can be reduced and trust in God's daily care can be built.*
9. Consider a moment when you felt God's presence "just in time." How can remembering this experience strengthen your faith in moments of doubt? *Answers will vary: recalling instances of God's timely help reminds believers of His faithfulness; sharing these memories with others or writing them down can serve as a powerful testimony during challenging times, building resilience and trust.*

10. In light of Psalm 121, how can you practice recognizing God as your “Helper” throughout the day, especially in small or seemingly insignificant tasks? *Answers will vary: practical steps might include brief prayers for help in minor tasks, pausing to thank God for strength or patience, or simply being mindful of His presence in everyday routines. These small actions reinforce reliance on Him for all needs.*

STEP OF OBEDIENCE || Leader Note *This is an opportunity for people to put into practice what the Spirit is inviting them to do and live in obedience to God for the sake of love! You can encourage your group to be accountable to one another and use these to follow up with one another throughout the week.*

Because God is the “Most High God”, everything is small to Him. However, He is ALSO our Father, so everything is important to Him. Therefore, **REALLY** pray specific, pray small, and pray without ceasing! Based on the Holy Spirit’s wisdom, what is a step of obedience that you can take this week?

Remember ... anxiety is living out the “imagined” future before it gets here. However, God’s daily grace arrives “just in time”, so we must pray!

Give your group a few moments to reflect on their answers to the questions above. Then have your group answer the question aloud. Feel free to separate into smaller groups of 3-4 for this question.

PRAYER FOCUS || Leader Note *We want to commit to praying for OTHERS as a unified church who is dependent upon God for everything. Be intentional about saving at least 5-10 minutes for prayer at the end of your gathering each week to pray together. You can pray for one another as well as the prompts below!*

Trusting God as Our Present Helper

- Let’s pause for a moment to reflect on our trust in God—not just for our future, but for our needs right here and now. Do we truly believe that He’s our Helper in this very moment, providing our daily bread and bringing peace to our anxious hearts? God invites us to depend on Him fully not just in times of crisis, but in the everyday moments for provision and comfort.
- As we pray together, let’s ask for faith to trust God as our present Helper, inviting Him into our daily worries and needs. Let’s ask Him to remind us that He is near, ready to give us peace and meet our needs today.