

LIFE Meeting

Anxiety

October 11, 2017

1. Opening Prayer

Alex

2. Large Group: PowerPoint

Alex

3. Stations:

Meditation: Powers Room

Coloring/tips: 226 and 221

Questions: 206 and 202

Fear in a Hat: 127 and 121

4. Large Group: Wrap Up

5. Closing Prayer

Morgan

- **Next Meeting: November 15th: Gifts from God**
- **Planning Meeting: October 25th**
 - **Morgan, Graham, Jamie, Maggie B.**
- **Hope Totes**

Opening Prayer
Riptide by Vance Joy

I was scared of dentists and the dark
I was scared of pretty girls and starting
conversations
Oh, all my friends are turning green
You're the magician's assistant in their
dreams

Oh ooh ooh ooh
Oh ooh ooh,
And they come unstuck

**Lady, running down to the riptide
Taken away to the dark side
I wanna be your left hand man
I love you when you're singing that song
and
I got a lump in my throat cos'
You're gonna sing the words wrong**

There's this movie that I think you'll like
This guy decides to quit his job and heads to
New York City
This cowboy's running from himself
And she's been living on the highest shelf

Oh ooh ooh ooh
Oh ooh ooh,
And they come unstuck

I just wanna, I just wanna know
If you're gonna, if you're gonna stay
I just gotta, I just gotta know
I can't have it, I can't have it any other way
I swear she's destined for the screen
Closest thing to Michelle Pfeiffer that you've
ever seen, oh

Anxiety affects a lot of people around the world. I for example know that I'm an angsty person. I always need to know the time, or what's going on, or if I should worry about this or that. I always worry about things that I shouldn't need to, or that are irrelevant. To me, I think I'm the most anxious because I have the fear of not knowing. Not knowing what each day brings with it, or not knowing what could happen next that sometimes I just forget that I need to 'Be Here Now'. Lately I have been more anxious because of the stress of things around me and I sometimes lose track of myself and what's going on around me. Sometimes I forget to look to God. In Matthew 6:34; Jesus is preaching to his disciples, and says this rather memorable quote "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." Just take a second to think about that. (Pause) I think God is most present with us when He sees our struggles. Whether it be with anxiety, stress, or something else, He tends to show himself through our conscience and the solutions we take with dealing with our struggles. I always ask Him to keep an eye on me, and to reveal Himself to me when I need Him the most. So as we go through this meeting, I ask you to try and find things that you might be able to see God working through. See how He helps you through the trials of your life, and how He is constantly watching over you. As your people let us joyfully proclaim: may the Father and the Son and the Holy Spirit be glorified in all places through the Immaculate Virgin Mary Amen.

Stations for Small Groups

Discussion Questions: 206 and 202

Scripture

1 Peter 5: 6-7: Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you. Be alert and of sober mind.

Small Group Questions

1. How do you deal with your anxiety?
2. What kind of techniques do you use to calm your nerves?
3. Do you have a small habit that you do when you get anxious?
4. Why do you think we feel like we can control everything?
5. Is anxiety a sign that we lack faith in God?
6. Are there certain things that get you especially anxious? What is/are they?
7. Do you feel like when you get anxious, God is testing your faith?
8. When you see a friend or a family member anxious, what do you do to help them?
9. If you know someone who has been clinically diagnosed with anxiety, how does it affect their life?
10. Does talking to God about things you are anxious about help you to worry less?
11. What are some common situations or experiences that cause teens higher levels of anxiety?
12. Does anyone want to share something that specifically gives them anxiety? Sports? Being on stage? School? Why do you think you felt so worried?
13. Have you ever felt strong anxiety over something that turned out perfectly fine?

Fear in a Hat: 127 and 121

Instructions:

- Each member of your group will get a piece of paper and you are to write one of your biggest fears on that paper and then fold it up and put it in the bucket/hat/bowl in the middle. Don't put your name on the paper, just your fear. Try to be as specific and detailed as possible but don't make it too specific that you are easily identified. Some more general fears (ex. Spiders, heights, etc.) are already in the hat so don't do them :-)
- Once everyone has put their fears into the hat, the core team member will read them out loud one at a time. Everyone will get a chance to interpret this fear or talk about if they have the same one or an experience with it.
- THIS ACTIVITY IS MEANT TO BUILD TRUST AND UNITY **NOT** make fun of anyone because of their fear - which is also why we are doing this anonymously
- Once you have gotten through all the fears in the bucket/hat/bowl talk about common themes of fears within your group.

Pre-written fears for the hat (more general but discussion starters for everyone to interpret their own way when going around circle):

1. Crowded spaces
2. The fear of death
3. Public speaking
4. Failure
5. Darkness
6. Love
7. Being forgotten
8. Heights

Meditation: 103 and 104 (One big Group)

<https://www.youtube.com/watch?v=sYoqCJNPxv4>

Crystal Ball Meditation:

1. Allow the students to now prop themselves up against a wall or table etc.
2. Remind them: "we are focusing on anxiety and now want and try to let go of some of that fear and stress."
3. Think of all the anxiety you have in your life...now think of what you are most worried about in your life or where you feel the most doubt in yourself or your ability. Something, someone, or even an activity that gives you the most anxiety in your life" Take a moment to reflect on what this is for you.
4. What makes you feel anxiety towards this thing? Is there a certain memory you are thinking of or a certain experience? Do you feel doubt in yourself or your own abilities? ... Realize that what is creating this anxiety and forbearing this is you imagining the event, not the person or activity. You are holding emotions created by your own thoughts not by themselves....
5. Imagine you are holding a crystal ball (encourage that they actually perform the actions). What is your crystal ball like? Is it dark or light? Shiny or murky? Smooth or jagged?
6. Now think of the memory or person or activity that you are feeling the most anxiety about and push the anxiety down into the crystal ball. Let all the emotions empty out of you and fill the crystal ball.
7. What is happening to the crystal ball? Is it growing in size or is it shrinking? Is it really heavy and weighing you down?... ***Take a moment of silence***
8. Drop the crystal ball! Let it fall from your hands and fall to the ground!
9. What happened to the ball? Did it shatter into a million pieces? Did it break in two? Or did it merely crack?
10. Let all that anxiety and doubt leave from you.
11. Spend the next few moments calming yourself of what you were thinking of and letting it free from you.
12. *spend the next moments in silence, deep breathes*

Tips/Coloring pages: 226 and 221

PPT and Coloring sheets

Small Group Discussion Questions after the LAST small group

Debrief Questions After Small Group

1. What was your favorite station from tonight? (Meditation, coloring/tips, questions, or fear in the hat activity) Why?
2. How do you think you can cope with your next feeling of anxiety after this meeting?
3. Why do you think you get anxiety?
4. What is the difference between stress and anxiety?

Closing Prayer

The Sun is Rising by Britt Nicole

https://www.youtube.com/watch?v=Bdsdgl4_wuY

Hold hands by interlocking fingers so that our weaknesses are covered by each other's strengths.

When life has cut too deep and left you hurting

The future you had hoped for is now burning

And the dreams you held so tight lost their meaning

And you don't know if you'll ever find the healing

You're gonna make it

You're gonna make it

And the night can only last for so long

Whatever you're facing

If your heart is breaking

There's a promise for the ones who just hold on

Lift up your eyes and see

The sun is rising

The sun is rising

Every high and every low you're gonna go through

You don't have to be afraid I am with you

In the moments you're so weak you feel like stopping

Let the hope you have light the road you're walking

You're gonna make it

You're gonna make it

The night can only last for so long

Whatever you're facing

If your heart is breaking

There's a promise for the ones who just hold on

Lift up your eyes and see

The sun is rising

Even when you can't imagine how

How you're ever gonna find your way out

Even when you're drowning in your doubt

Just look beyond the clouds

Just look beyond the clouds

Whatever you're facing

If your heart is breaking

There's a promise for the ones who just hold
on

Lift up your eyes and see

The sun is rising

The sun is rising

Even when you can't imagine how

How you're ever gonna find your way out

Even when you're drowning in your doubt

Just look beyond the clouds

No amount of regret can change the past and no amount of anxiety can change the future. Sometimes we just need to take a step back and breathe. Often times our anxiety gets the best of us and it feels like nothing will get better. We need to remember that God is always here for us. Philippians 4:6-7 says, "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Jesus Christ." Every high and every low we go through, God will be there. He is constantly here trying to guide us. We need to remember no matter how hard life gets, if we just look beyond the clouds, the sun will always rise. God is like the sun. When the sun shines, it shines for everyone. God is here for everyone and He has a plan for each one of us. Just take a step back and breathe. As your people let us joyfully proclaim, may the Father and the Son and the Holy Spirit be glorified in all places through the Immaculate Virgin Mary. Amen.