

PART VII: Prayer and Anxiety

Fecha @December 7, 2022

Remember the printed guide so that we do not get distracted with our phone and follow the reading.

BEGIN IN PRAYER AND WORSHIP.

Pray **asking the Holy Spirit to lead and guide your time together.**

IMPORTANT

Let's remember some of the guidelines for an emotionally healthy community to practice today.

- Do not give advise or correct.
- Get out of our comfort zone.
- Be brief when sharing.
- Speak in first person.

TALK ABOUT LAST WEEK'S PRACTICE.

Let's remember what the practice was last week: Last week's practice was to make your daily prayer rhythm guide and practice it.

- Raising your hand, who did the week's practice?
- Did you call your partner?
- How do you think it helps having the place and time already established?
- Who can tell us something they tried?
- Is someone going to make any changes to their guide?
- What are you going to do personally so that prayer continues to be part of your daily life?

READ THIS SUMMARY.

Anxiety is a reality that we are experiencing. It is one of the fastest growing epidemics in both adults and children and adolescents. And in the Bible, we see that not only did Jesus experienced it like any other human being, but he also tells us how to deal with it.

The truth is, most of us deal with anxiety in the worst way. With more work, with our phone or tv (Netflix, Youtube, etc), or simply with more things to do with the purpose of distracting ourselves. But we know that feeling is still there.

The Bible gives us a guide (not a formula) on how we can deal with this emotion that we all come to feel, regardless of age or stage of life.

TALK ABOUT SUNDAY'S TEACHING.

- What caught your attention about Sunday's teaching?
- What makes you think of this definition of anxiety? **Anxiety: It's the feeling that we experience when we are not in control of something, especially when it's in the future. The root of all anxiety when we realize we don't control, and self-sufficiency**

READ THE BIBLE TOGETHER.

Matthew 26:37-38

- What does it make you feel or think the fact that Jesus also felt anxiety?
- What gets your attention of they way Jesus responded to his anxiety?

Read Philippians 4:6-7 (Philippians 4:6-7)

- What gets your attention the most about this passage?
- Why do you think Paul relates gratitude with anxiety?

DO THIS PRACTICE AS A COMMUNITY RIGHT NOW.

Tonight, we are going to learn how we can deal with anxiety.

A few things to keep in mind:

- The Prayer of Examen is a good way to prevent anxiety. Because every day we are looking for and thanking for the blessings that we do have from God.
- The prayer of lament is also a form of prayer that we can pray to respond to when we feel anxious.

Now we are going to divide into the same pairs as last week.

Now the practice.

1. Step One: Remember that God is a good father and is near.

- In the space on the paper, write something that happened these last days that made you remember that God is a good father and is close. Ex: Someone gave you a word of encouragement. God provided in a supernatural way. God answered a prayer. You had an experience where you felt that God is close.
- If you have never done this exercise, it may be difficult to find something. But if you try it and the more you do it, the more we will be aware of the ways in which God shows us that he is a good father and is close.
- Write here:

2. Step Two: Pray.

- Now think about what is causing you anxiety. And pray asking God for help in that situation.
- Personally pray that God's will be done in that circumstance.

3. **Step Three: Give thanks.**

- Think of one or several blessings that you have received from God in recent days and write it in the space below.
- Write here:

4. **Step Four: Share It.**

- Now, share what you wrote in the first step with your partner.
- Then tell him why you have been feeling anxious, and let your partner pray for you.
- Tell your partner what things you wrote for which you are grateful.

READ THE PRACTICE FOR THIS WEEK.

This week's practice is very simple. It is to practice the guide that we have just done.

Step one:

- Pick one or two days (or every day) to do this practice for the next week.

Step Two:

- Do the first three steps.

Step three:

- Call your partner and do what we did today; to share the first three steps.

Some important things:

- There is something very powerful that happens when we write our prayers or what we are feeling. It is not "mandatory" but we recommend that you do the steps by writing.
- Everyone will be tempted not to be really honest when it comes to sharing, but remember, if Jesus needed to share, so do we.
- If your anxiety is something that is growing, apart from your partner we encourage you to communicate with your facilitator and share what you are feeling.
- Many will think that there is nothing they are anxious about, and it may be true because it is not a big feeling. But anxiety presents itself in different ways. As fear, discomfort, uncertainty, fear, among others. When you are doing this exercise, **take enough time in silence with the Holy Spirit so that you can let those emotions out.**
- We are going to continue practicing our prayer rhythm guide, you only have to choose the days where you are going to do this specific prayer.

Showing by hand, **Who commits to practice praying for anxiety, being 100% honest with their partner, and following the prayer pace guide?**

DOES ANYONE HAVE A QUESTION REGARDING THE PRACTICE OR IS IT CLEAR?

PRAY BASED ON THE PRACTICE TO END

If you have a need, big or small, emotional or material, share it. We are a community and part of that is being vulnerable.