

axis



A CONVERSATION KIT ON

ANXIETY

Conversation Guide

Anxiety, pt. 3

Part 3 summary

- Although some communities contribute to our anxiety, finding “redemptive community” is often essential for helping process it.
- Anxiety can be caused by trauma earlier in life; the anxiety, panic, or phobias we have about one thing might be connected to something totally different under the surface.
- Counseling can be incredibly helpful in learning to process our anxiety.

1. Fear and Anxiety
2. Breaking the Cycle
- 3. Disaster and Community**
4. A Better Life

Discussion questions

01 Is thinking and talking about death always a morbid thing to do? If so, why? If not, when does it become morbid?

02 Why do you think so many people posted negative or hateful comments on world_record_egg's video?

03 What's one way community makes it easier to process anxiety? What's one way it could make it harder?

Diving deeper

1 Corinthians 15:54 says, “When the perishable has been clothed with the imperishable, and the mortal with immortality, then the saying that is written will come true: “Death has been swallowed up in victory.” “Where, O death, is your victory? Where, O death, is your sting?”” Why do Christians believe that death has lost its victory? What does it mean for the perishable to be clothed with the imperishable? How does this relate to anxiety?