

Anxiety

Week 2

Discussion Questions

1. On a scale of 0-10, how much do you worry about making friends?
2. On a scale of 0-10, how worried are you about losing friends from high school?
3. What are you afraid of?
 - How can faith and prayer help you with fear?

Read the Serenity Prayer Aloud

God, grant me the serenity to accept things I cannot change; courage to change the things I can; and the wisdom to know the difference. Amen.

- How can you use it as a regular part of your life?
4. How will you incorporate your continued faith to overcome general anxiety?
 5. Change and saying goodbye are two of the hardest things we deal with emotionally. Unfortunately they tend to both come at the same time. What are the best ways to handle these moments?
 6. How will you feed your spiritual self after you graduate?
 7. What will you do when you need help or support?
 8. How can we stay connected as a small group?
 - Should we have virtual meetings together to share our experiences and how we are getting through our first year?