

Anxious for Nothing Viewer Guide **Session 2: Let Your Gentleness Be Evident to All**

Bible Study and Group Discussion

1. Before everyone shares in the large group, turn to one or two people next to you and finish this sentence: “After watching the video, one question I now have is...”

2. Read aloud Exodus 3:7-12. What fear does Moses express to God in verse 11? How does God respond in verse 12?

* Does God’s response answer Moses’s question directly, or is there a deeper fear God is addressing? Explain.

3. Have different people in your group read aloud the following passages: Genesis 15:1; Deuteronomy 31:8; Joshua 1:9; and Isaiah 43:2. What is God’s promise in each verse? What common theme do you see running through these verses?

4. Again and again throughout his Word, God promises to be with us. Think about a time when God’s presence calmed you in the middle of a storm. How did God’s presence change you emotionally, spiritually, and/or physically?

5. Paul says the key to finding gentleness is believing that God is near. However, just like Jesus’ disciples, we easily forget he is with us and waiting to help us. What are some things that prevent you from not only knowing but also believing God is near?

* When have you, like the disciples, faced a trial and took actions into your own hands before turning to the Lord?

6. Have three group members read passages aloud: Galatians 5:22-25; Philippians 2:13; and 2 Peter 1:3. What promise is given in each of these verses?

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- * According to these promises, where is your source of calmness? How does this alleviate the burden to conjure up calmness on your own?

7. Jesus tells us there will always be troubles in life. But we have the choice to respond to those troubles with gentleness or with frustration. Considering the biblical just read, what specific steps can you take to respond calmly instead of react sharply when anxieties weigh heavily on your shoulders?

8. In John 16:33, Jesus says, "Take heart! I have overcome the world." How did Jesus overcome the entire world? What has Jesus overcome in your personal world?