



**Let it Go**  
**Week 1 – Let Go of Anxiety**

***If your group is meeting this week in person, make sure to use best practices for everyone's health. If your group is not meeting in person, but you want to stay connected, consider using technology (GroupMe, Google Duo, Zoom, Marco Polo, FaceTime, etc.) to check in with one another. Even if you can't meet digitally, find ways to talk and encourage one another (phone calls, texts, etc.)!***

Life is hard. It can be challenging and heartbreaking and unfair, often leaving us feeling overwhelmed and anxious. But through it all, there is a PEACE that passes all understanding, and it's found in Jesus. He is the remedy for anxiety.

**Scripture:**

"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."

Philippians 4:6-7

"All praise to God, the Father of our Lord Jesus Christ. It is by his great mercy that we have been born again, because God raised Jesus Christ from the dead. Now we live with great expectation, and we have a priceless inheritance—an inheritance that is kept in heaven for you, pure and undefiled, beyond the reach of change and decay. And through your faith, God is protecting you by his power until you receive this salvation, which is ready to be revealed on the last day for all to see.

So be truly glad. There is wonderful joy ahead, even though you must endure many trials for a little while. These trials will show that your faith is genuine. It is being tested as fire tests and purifies gold—though your faith is far more precious than mere gold. So when your faith remains strong through many trials, it will bring you much praise and glory and honor on the day when Jesus Christ is revealed to the whole world."

1 Peter 1:3-7

“So I set out to learn everything from wisdom to madness and folly. But I learned firsthand that pursuing all this is like chasing the wind.

The greater my wisdom, the greater my grief.

To increase knowledge only increases sorrow.”

Ecclesiastes 1:17-18

“That is why we never give up. Though our bodies are dying, our spirits are being renewed every day. For our present troubles are small and won’t last very long. Yet they produce for us a glory that vastly outweighs them and will last forever! So we don’t look at the troubles we can see now; rather, we fix our gaze on things that cannot be seen. For the things we see now will soon be gone, but the things we cannot see will last forever.”

2 Corinthians 4:16-18

### **Icebreaker and Intro Questions:**

1. Share with each other – how are you doing? What has this week been like for you and your family?
2. What resonated with you from Sunday’s service? (Sermon, scripture, song, etc.)

### **Discussion Questions:**

3. Eddie shared, “Our anxiety is tied to an unknown future.” How have you seen this to be true in your life?
4. Read Philippians 4:6-7 quietly by yourself. Give everyone a few minutes of silence to reflect on this. What is your reaction to this passage?
5. Read 1 Peter 1:3-7 together as a group. How are you encouraged by this? What’s one phrase that you want to hold onto this week?
6. Read Ecclesiastes 1:17-18 together as a group. Why would Solomon, the wisest man who ever lived, say this?
7. Read 2 Corinthians 4:16-18 quietly by yourself. Take a few minutes to jot down some notes about how this can change your perspective this week, then share with one another.

### **This week:**

- The events of this week have disrupted many of our plans and normal schedules. Find a time to spend some time focusing on God and his presence with you, even if it’s not something you do regularly. Take some time to slowly read Philippians 4:6-7 several times. As you begin, remember that God is with you and that He loves you. Invite Him to speak to you through His Word. As you read it slowly, notice the words or phrases that you sense God wants you to remember. Talk to God about what you notice or what questions you have for Him. Ask him to give you his peace.
- Eddie mentioned the serenity prayer in his message. Use these powerful words to ask God for wisdom, courage, and his perspective.

“God, grant me the serenity to accept the things I cannot change,  
Courage to change the things I can,  
And wisdom to know the difference.”
- We’ve put together several excellent resources for you to use during the Let It Go teaching series at West Side. Grow deeper in your faith and relationship with God with free Bible reading plans, video content, and more at [wschurch.org/resources](https://wschurch.org/resources).

### **Notes:**