

Small Group Discussion Questions

Following the Weekend of June 27-28, 2026

No need to answer every question. Feel free to jump around.

Help for the Anxious

(I Peter 5:7)

Alan Kraft, Lead Pastor

Group Interaction & Application

Read aloud together I Peter 5:7.

What words, phrases, concepts, or images from these verses stand out to you as you just read them, or create curiosity for you in some way?

What aspects of Pastor Alan's message gave you fresh insight into this passage, or helped you the most in understanding these verses and what we experience here?

How prone to anxiousness are you?

What causes you anxiety?

Within this portion of scripture, Pastor Alan sees two primary and multiple secondary action steps we can take to address the anxieties of our life.

First, **Explore** with curiosity what you are carrying.

When facing anxiety, how prone are you to respond with either distraction or by freaking out?

While distraction might seem like the better of the two, why might this not be a good long-term solution?

Pastor Alan suggests these verses are calling us to a different response – one where we slow down, pause, and look within.

As part of this reflection, he encourages us to explore whether these anxieties are legitimate burdens or false needs.

What are some examples of legitimate burdens in your life today?

Who is helping you carry these burdens?

If you need support in carrying a burden(s), what could it look like to share this burden with Jesus and/or others?

What are some examples of false needs you are currently believing in or have believed in the past?

Second, **Release** to the Lord whatever you are carrying.

When have you been able to release an anxiety to the Lord – causing you to experience a newfound freedom?

What did this process look like for you?

How beneficial do you feel praying a prayer like the one written below might be for you during moments of high anxiety?

“I release everything and everyone to You, Lord. I release everything and everyone to You.” – John Eldredge

Part of releasing comes through truth being revealed. For any false need you shared earlier, what core fear could be at the root of this anxiety?

What was your experience like as you went through Pastor Alan’s prayer experience at the end of his sermon?

Conclude by praying for one another in taking practical next steps in applying this weekend’s message and group discussion, after which pray for group needs and concerns.

Messages are available audio or video on our App or at cccgreeley.org.