

## SMALL GROUP LESSON PLAN



### Teaching The Bible Through Practical Biblical Teaching

- **Greeting/Opening Prayer/Food & Friendship**
- **Icebreaker** ~ What is something you do that is peaceful?
- **Testimonies/Good news/What are you thankful for?**
- **WOF's Purpose:**
  - 1) We teach and educate - exercising believer's rights through practical application
  - 2) We are a holistic church- development of spirit, soul, and body
  - 3) We are a mission's church - serving both domestic and international
- **Short review of what was preached at service on Sunday**
- **Facilitation of Lesson**

### **Does Worry and Anxiety Steal Your Peace and Joy?**

Worry and anxiety can attack at any time. There are times when a state of panic is caused simply by the thought of a problem that don't exist and most likely will never come to pass. However, the devil is relentless with his attacks. If you give him an inch, you will find yourself sinking into a strong state of worry and anxiety and it will literally take you emotionally hostage!! The devil will constantly pound your mind with "fear-filled" thoughts. But the Word tells us to take no thought for your life.

### **Read 1 Peter 5:8, Proverbs 12:25 (Amplified)**

When we worry, we focus on our problems and fear takes you hostage.

1. What has been your experience with worry and anxiety in your life or with those around you?
2. Did this experience draw you closer and pull you away from God?

### **Read John 14:27, Psalms 16:11**

Peace and joy like you have never experienced is available to you.

3. How would you define the words peace and joy?
4. What is the difference between the world's definition and God's definition of joy and peace?

### **Read Matthew 6:34, Proverbs 3:5-6, Philippians 4:6**

If we trust God's direction in all situations, we can take no thought and be worry free.

5. Describe an area(s) in your life where you are dealing with worry or anxiety
6. What step do you need to take in order to experience peace and joy?

- **Time of Prayer**
- **Your Circle: (Family, Friends and those you have influence with) How's it going?**
- **Announcements-Next WOF service and any additional announcements**
- **Dismissal**

Prayer focus: 1) Your Circle (friends and family) 2) Small Group members 3) Word of Faith Leadership  
Have you reached out to your circle today?