

I'M BROKEN

HOW TO HEAL HIDDEN PAIN

Madi Pedro
Wk:2

General:

- Where do you see anxiety or worry prevalent in your life? When it begins to creep in, what do you typically find yourself thinking about most?
- Madi shared several "what if..." statements that often fuel anxiety. Which "what if" do you find yourself returning to most often?
- Thomas Jefferson wrote: "How much have cost us the evils that never happened!" Why do you think we spend so much energy worrying about things that may never come to pass?
- In verse 2, Paul tells believers to "set your minds on things above." What do you think that looks like practically in everyday life?
- Madi connected Colossians 3 with Elijah's story in 1 Kings, contrasting being hidden in God with hiding from fear. What is the difference between those two kinds of hiding?
- In verses 5-10, Paul tells believers to "put to death" the old self. What habits, thought patterns, or sins do you find yourself continually picking back up?
- Madi said: "Anxiety is an identity problem wearing a feelings costume." When fear or anxiety takes hold in your life, what does it cause you to forget about who you are in Christ?
- In verse 12, Paul reminds believers that they are "chosen, holy, and beloved." Why do you think Paul begins with identity before talking about behavior?
- How well do your relationships reflect the compassion, kindness, humility, patience, and forgiveness Paul describes in verses 12-13?
- What would it look like for the word of Christ to do more than visit your mind occasionally and actually dwell within you?

Take Home 1: When anxiety hijacks, interrupt the hijacking

- According to verses 1-2, what are some practical ways you can intentionally redirect your mind when anxiety begins to take over?
- Are there situations where your thoughts are being shaped more by fear than by the truth of who God is? What would it look like to “set your mind on things above” in those moments?
- How have you experienced God’s perspective bringing peace in the middle of an anxious season?

Take Home 2: When anxiety whispers, answer back

- What anxious message or lie are you most tempted to believe about yourself or your future?
- Which truth statement do you need to speak out loud this week? Why?
- How can regularly rehearsing God’s truth reshape the way you respond to anxious thoughts over time?

Take Home 3: When anxiety isolates choose community

- Madi stated: “The resurrection doesn't just change how we feel about ourselves. It changes how we live together.” How is your identity in Christ changing the way you respond to people (especially when anxiety makes you want to withdraw, protect yourself, or pull away)?
- What keeps you from letting people into your struggles, and how can community become part of God’s healing process?
- Who is one trusted person you could invite into your life this week to pray with you, encourage you, or simply remind you of the truth?