**Attacking Anxiety When Anxiety Attacks**

**Discussion Questions**

1. What are the top two or three things you find yourself focused on or devoted to? Do you ever feel anxious about any of these things? How so?
2. Read 1 Peter 5:6-7. Why do you think it requires humility to cast your anxieties upon God? What implications are there when one decides to surrender their anxieties to God?
3. Read 1 Peter 5:8-11. Do you tend to underestimate or overestimate the work of the Devil? Do you ever suspect his activity in your surroundings?
4. Read Philippians 4:6-7. What does it mean to supplicate with faith? What does it look like to pray *without* faith?
5. Do you regularly give thanks while presenting your requests before God? Why do you suppose giving thanks helps deal with our anxious thoughts?