

## Questions for Individuals and Small Groups

### - Cultivating calm and stillness: Letting go of anxiety

Read again John 8.2-11 and listen to the full length monologue: <https://youtu.be/77-8XsiWeBk>

- When you are feeling anxious about something how does this affect your behaviour?
- Do you have things that you do that help keep you calm and reduce your anxiety? What are they and why do you think they help you?
- How did Jesus cultivate calm and stillness in his life? Think about other passages in the Bible that you know.
- How do you, or could you, cultivate calm and stillness in your life on a regular basis?
- Think about a time when you were not calm. What caused you to react the way that you did? Was your reaction justified or did your emotions get the better of you? What can you learn from this experience?
- Sharing our worries and concerns with someone else is a helpful thing to do. What are you most worried about today? What can family and friends do to help you?
- How often do you bring your worries and concerns to God? Spend sometime alone today talking to God about these.