

anxiety  
interrupted

Invite God's Peace into Your  
Questions, Doubts & Fears

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# Study Guide/Discussion Questions

## **Chapter 1: The Questions, the Gift, and the Promise**

The author talks about receiving anxiety as an unexpected gift. What are some unexpected gifts you have received in your life? How have you come to view them as gifts?

How has anxiety shaped your ability to ask questions? What kind of questions have you asked as a result of your anxiety?

## **Chapter 2: When I'm Anxious about God**

Have you struggled to believe God is good? How have you worked through that?

How have you seen God's faithfulness as you ask questions about his character?

Name a time in your life when you have seen or come to understand more about God's goodness.

What role has the church played in your walk with anxiety and doubt?

How can you encourage the church to become more supportive of those walking through anxiety?

## **Chapter 3: When I'm Anxious about My Marriage**

Are you married? If so, how has the reality of marriage proved different from what you expected? If not, what expectations do you hold for your marriage?

How has your spouse helped you through hard times in your life?

What ways can you practically love your spouse for who they are today? How can you encourage them in who they will become?

#### **Chapter 4: When I'm Anxious about Motherhood**

What are some of the ways you worry about your children?

How can you hold and claim God's promises for your children?

What ways can motherhood teach you about God's character?

#### **Chapter 5: When I'm Anxious about My Calling**

Have you worried about your vocation? How did you choose the vocation you are in?

How does the way the Bible addresses calling shape your own view of it?

How can you move forward confidently in your career choice?

#### **Chapter 6: When I'm Anxious about My Friendships**

What ways do you combat or invite loneliness in your life?

In your friendships, do you act like a person worthy of time and love?

How can you remind yourself and encourage others that in Christ we are all enough?

How can you be a good friend to those in your life prone to anxiety and worry?

#### **Chapter 7: When Social Media Makes Me Anxious**

Are you on social media? How often?

What is your relationship like with social media? How does it impact your mood, friendships, and lifestyle?

### **Chapter 8: When I Need to Listen**

What makes a good listener?

Who are the people in your lives who are good listeners? How has their ability to listen been a gift to you?

How can we become better listeners?

Do you tend to “cherry pick” the Bible? How do you think that affects your ability to listen to it as a whole book?

Practice Lectio Divina. How was the experience for you? What did you learn or observe?

### **Chapter 9: When I Need Communion**

The author talks about experiencing communion as a place where we are all invited in. How have you experienced communion?

What has been an anchor in your life during times of doubt or wondering?

What is the significance of communion?

### **Chapter 10: When I Need to Find My Place**

How does place shape who we are and who we become?

Why does it matter that God knows our places?