

# What If ??????????

There's a woman that's been visiting our church on Sundays, and also starting to attend your small group. One night during small group prayer time they break down and start to cry saying, "I feel like such a failure as a Christian. I don't want to worry, but I do. In fact, I've been losing sleep and losing weight, and I don't know what else to do about it. I am praying and praying and praying, but sometimes my prayer times even make me anxious. I start worrying right in the middle of all the things I'm trying to pray about. I feel like I'm in a vicious cycle and can't get out. I don't know what else to do. I've heard you all talk at Grace about using the Bible to counsel and help people. Do you think there's anybody who could help me?"

**You have 5 minutes** to decide how you should proceed and you *must* have at least one verse to motivate / guide your decision.

- Where would you start with this woman? What are the big themes in Scripture that she needs to see more clearly?
- What are the big root issues that are involved in her situation?
- How would you give her hope? What Scriptures would you use?
- How does someone overcome worry?
- How can you keep your prayer time from becoming one more occasion to worry?