Read [1 Peter 4:12-14, 5:6-11](https://lectionary.library.vanderbilt.edu/texts.php?id=46#epistle_reading).

**Discussion:**

1. What types of things make you anxious? How would you define anxiety?
2. Look at 1 Peter 5:7. How can we put the things that make us feel anxious on to Christ? How might this advice be helpful or hurtful for someone’s mental health?
3. Why do you think Christ would ask us to give these things to him?
4. If you could watch all your anxiety fade away, how would you feel?