

Champions Arise Study Guide
Series: Adult Children of Divorce
Program #CA 48 (ACD) – Adult Children of Divorce (ACD): Issues with Anxiety

Focus passage – Philippians 4:6-7, *“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus”*

1) What things do you worry about?

2) What is a major source of anxiety for adult children of divorce that was discussed on the program?

3) Why is it wrong to assume that if the parent’s anxiety level is down, the child’s anxiety level is down also?

4) Why can ACD’s anxiety level go up when things in life get better?

5) What is the primary tool for overcoming anxiety?

“In peace I will both lie down and sleep; for you alone, O LORD, make me dwell in safety”
Psalm 4:8

Unless the LORD builds a house, the work of the builders is wasted. Unless the LORD protects a city, guarding it with sentries will do no good. It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to his loved ones.”
Psalm 127:1 - 2

“Don’t worry about tomorrow, for tomorrow will bring its own worries.”
Matthew 6:34

Commitment: I commit to trusting God with all my worries.

Adult Children of Divorce: Issues with Anxiety – LEADER'S GUIDE

1. Thank everyone for coming.
2. Open in prayer
3. Read the focus passage.
4. Ask men to answer Question #1
5. Listen to the program: "Adult Children of Divorce: Issues with Anxiety"
6. After the program is finished, allow time for comments or questions on the program
7. Review the answers to the four remaining questions with the men in the group.
Encourage everyone to participate, but never force or shame someone into participating.
 - a. Question #2 answer: The behavior of their parents (wedding example)
 - b. Question #3 answer: The adult perspective of the divorce and child's perspective of the divorce are very different. (Example: The divorce may be a source of relief for the parent, but probably a source of pain for the child. Likewise, remarriage can be a source of relief for the parent, but a source of anxiety for the child.)
 - c. Question #4 answer: Because of the fear of doom, ACD believe they have more to lose when things are going well.
 - d. Question #5 answer: Our faith and trust in God
8. Ask the men what was most important to them from this teaching.
9. Ask the men to commit to help each other identify areas where they worry, offer give those worries to God in prayer.
10. Confirm the time for the next meeting.
11. Take prayer requests.
12. Close in prayer

Sample prayer: Heavenly Father, forgive us for worrying about things we should trust You for. Deepen our trust in your ability and willingness to provide for our needs. In Jesus name, Amen.