FREE WEEK 1 SAMPLE

# Peace for Anxious Hearts

Free sample: Week 1 of an 8-week small group kit.

If this fits your group, the full kit is at
christianfaithweb.org/small-group-kit

# Week 1: Naming the Weight

> *You cannot give a burden to God that you refuse to name.*

## OPEN (5 MIN)

Ask: what is one thing you carried into this room tonight that nobody here knows about? No fixing, no advice — just naming it.

## READ (5 MIN)

Psalm 13:1-2 twice — once slowly, once normally.

## DISCUSS (20 MIN)

1. David asks 'How long?' four times in six verses. What does it tell you that the Bible keeps a prayer that complains?
2. Where in your life right now does 'How long?' fit best?
3. Which is harder for you: admitting you are anxious, or admitting you are angry about it?
4. Verse 5 turns on 'But I trust'. Is that turn honest for you tonight, or is it still far away?
5. What would it look like to tell God the truth about this week, out loud, without cleaning it up first?

## NOTES

## PRACTICE (10 MIN)

Each person writes one honest sentence to God on a card. No one reads it aloud. Keep it in your Bible.

## PRAY (5 MIN)

> One sentence each, around the room, starting with 'God, honestly...'

## What the full kit includes

- 8 sessions, each built for a 45-minute meeting
- Leader guide — opening question, passage, 5 discussion questions, practice, prayer, and a leader note for the hard moments
- Member workbook — the same sessions with space to write
- 8 printable verse cards
- Print-ready PDFs, no prep, no licence headaches for a single group

**Full kit:** $39 single group · $99 church licence (print for every group in your church).
Get it: christianfaithweb.org/small-group-kit