



## **Week 2- Inside Out 2**

Riley had a lot of things happening all at once and felt a ton of pressure. When was the last time you felt completely overwhelmed?

Be honest: Have you ever tried to hide what you were really feeling? What happened?

What are some ways anxiety can sound in our head?

What are some areas where you feel pressure to be perfect?

### **Read Philippians 4:6-7**

What's something you usually do when you feel like you are out of control?

How do you think praying can help you when you feel anxious or afraid?

What's one way you can let God back into the control panel this week?