

When Panic Attacks

Out of the Cave – Part 2

April 14, 2024

Discussion Questions:

1. How do you typically cope if or when you experience anxiety?
2. How do you think anxiety affects daily life and relationships with others?
3. Looking back at Philippians 4:4-9, how was Paul able to praise God while he was in prison?
4. Reflecting on the principles Pastor Griff talked about in the message, what is one way you can start to respond when panic attacks?