



**Keswick
Ministries**
HEARING BECOMING SERVING

Hope in an anxious world: Hope for our anxious friends

Helen Thorne: Seminar 2

HOW TO USE THIS RESOURCE

This is the second of two seminars. You can watch the seminars on your own or with your church, small group, or friends. The questions/reflections below may help you discuss and work through how to apply what you've learnt to your own life. Start the video and then pause it when suggested to look at the question(s).

WATCH THE VIDEO:

Seminar 2:
<https://tinyurl.com/3czvbhvu>

SEMINAR OUTLINE

This seminar looks at how we can offer practical help and biblical hope to friends who are anxious. We unpack what it means to listen well and also speak well to those who have anxiety.

QUESTIONS

Watch the video and pause it at 14:25 minutes

1. Why is it not surprising that people suffer from anxiety?

Restart video at 14:25 minutes (<https://tinyurl.com/2takmyk6>) and watch until 24:49 minutes

2. Listening well involves more than just paying attention to a person's words. What else are we listening to?
3. Share examples of the gap between taught theology and functional theology. How could you begin to sensitively explore this gap with your anxious friend?

Restart video at 24:49 minutes (<https://tinyurl.com/yc7bbxss>) and watch until 44:14 minutes

4. What does Ephesians 1:1-14 teach about who are we and what God really thinks about us? How can these truths help those suffering from anxiety?
5. Consider one issue your anxious friend is struggling with. What would it look like to apply this biblical model of change to their situation: 'put off your old self...be made new in the attitude of your minds... put on the new self' (Ephesians 4:22-24)?

Restart video at 44:14 minutes (<https://tinyurl.com/ypxsd4ab>) and watch until the end

6. How can we encourage our friends to pray in the middle of anxiety?





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REFLECTION/PRAYER

- Do you have traces of a Saviour complex? Are there boundaries you need to put in place to both guard your heart and to make your caring sustainable? If it's helpful, talk about this with a close friend.
- Think about the issues you are facing in your own life. Is there a gap between what you say you believe and your functional theology? Write down any areas of inconsistency. Ask for God's help to trust his Word and live it out daily.
- Give a bunch of flowers, a handwritten note or do some other random act of kindness to a suffering friend to let them know they are loved and cared for.
- To learn more about pastoral care, read 'Instruments in the Redeemer's Hands' by Paul David Tripp.

