



Yes, AND - Andrea DeCook

Icebreaker:

1. Have you ever purchased something from a telemarketer? If so, what was it? If not, why didn't you?
2. What can your friends predict you will grumble about the most?

Engage the Bible: Have someone read the following pieces of scripture and then discuss what stood out to you and why? **Psalm 102:26, James 1:17, John 14:17, Numbers 6: 24-26**

After listening to or watching Andrea's video answer the following questions:

- Is there a YES you are currently stuck in? A situation in your life that has you rooted in anxiety or worry?
- How could God be working through your Yes? How do you see Him showing up?
- Looking back, was there a life stage, transition, or change that felt particularly difficult? Can you now see how God was at work during that season? How so?
- How do you think God views your worries / anxieties / fears?
- What does God being the God of Peace mean for you?
- When was a time that you felt the undeniable peace of God?
- How do you need God's peace to show up for you?
- What is one way you best connect with God? How do you best stay in relationship with Him?