

LIFE GROUP

DISCUSSION QUESTIONS

Ask Others to Pray with You January 18, 2026

Summary

In this sermon, Kyle explains how to respond faithfully when anxiety rises by learning from King Hezekiah's response to the Assyrian threat. In the face of intense pressure, false promises and subtle lies designed to produce fear, Hezekiah models a non-anxious response: He discerns what is true, refuses to fuel anxiety with reaction or argument and turns to God in prayer—inviting others to pray with him. Rather than seeking reassurance or control, he is honest about his distress, asks for God's action rather than human affirmation and prays specifically for faith. The message reminds us that anxiety thrives on noise and isolation, but it weakens when we seek truth, practice silence and invite others to pray with us as we entrust ourselves to God's will.

Scripture

2 Kings 18:17-19:4

Let's Start

Finish this sentence: "When I start to feel anxious, my first instinct is to _____."

Gratitude and Prayer

How has God been at work in your life since we last met?

Let's Talk

1. When you feel anxious, what voices tend to get the loudest in your mind?
2. Which category do you most often struggle with—truth, misrepresented truth, false promises or lies? Why do you think that is?
3. What are some practical ways you can "quiet the anxious voice" in your life right now and intentionally **worship God fully** in the midst of anxiety?
4. Why is silence sometimes a more faithful response than defending or explaining yourself?
5. From Hezekiah's life, Kyle shared three ways we can respond to anxiety in prayer:
 - Be honest about how you feel
 - Seek God's action over human affirmation
 - Pray for faith

What makes it difficult to ask others to pray with you when you're anxious?

6. How is seeking God's action different from seeking affirmation from others?

Let's Act

What would it look like for you this week to ask someone to pray with you honestly and specifically for your faith?

