

LIFE GROUP

DISCUSSION QUESTIONS

Present Your Requests to the LORD January 25, 2026

Summary

In *Anxious for Nothing: Present Your Requests to the LORD*, Kyle teaches how King Hezekiah responds when his anxiety flares up again after receiving a threatening letter (2 Kings 19). Instead of panicking or trying to fix things himself, Hezekiah brings the letter to God and spreads it out before Him in the temple. His prayer gives us a helpful pattern for anxious moments: He remembers who God is, speaks honestly about what's happening, trusts God rather than false hopes and brings his request with a desire for God's glory—not just personal relief. God responds powerfully, reminding us that peace doesn't come when problems disappear, but when we place our anxiety in the hands of a faithful and sovereign God.

Scripture

2 Kings 19:5-7,10-11, 14-19, 20-37

Isaiah 44:13-20

And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him. Matthew 6:7-8 (NIV)

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7 (NIV)

Let's Start

What are some modern "anxious letters" (messages, emails, conversations, reminders) that tend to re-trigger anxiety for you, especially when you're already tired or worn down?

Gratitude and Prayer

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

Let's Talk

1. When anxiety rises, what does it practically look like for you to **follow Jesus completely** rather than partially managing the situation yourself?
2. Why do you think follow-up worries (the "here we go again" moments) can feel heavier than the original crisis? Where do you see that in your own life?
3. Kyle gave four prayer patterns Hezekiah used: 1) Praise God, 2) Present Reality, 3) Preserve Good Theology and 4) Present Your Request. Which part of Hezekiah's prayer pattern do you find hardest? Why?

