



Anxiety Buster for Small Groups, Book Clubs, and Families

Anxiety Buster can be done alone, in small groups, book clubs, or with family members. Here are some ideas for 4 week implementation

WEEK 1

TIPS

- Try to commit to completing at least one template each week.
- Try to allow at least 15 minutes to complete each template.

GETTING STARTED

1. Complete Anxiety Dump sheet on pp.3 & 4 of Anxiety Buster. (On your own prior to the session or during session)
2. Identify which areas are causing you the most anxiety.

GROUP DISCUSSION

Answer any of the following Questions:

- What topic causes you the most anxiety? Why?
- What would you like to get out of our sessions? What would you like to get out of the book?
- Have you ever gotten professional support or spiritual guidance regarding anxiety? Why? Why not?
- Is there anything else you would like us to know?

GROUP ACTIVITY

1. Write your prayer requests down on a card (Name is optional)
2. Exchange cards. Commit to praying for the prayer request once a week until the end of the four weeks.
3. Go over “How to Use Anxiety Buster Template”
 - Pick a topic that causes you the most anxiety and look at the example template for that topic.
4. Share any tips or ideas on how you are going to implement the Anxiety Buster.
5. Locate Bonus Content section
 - Discuss Bonus Content

WRAP-UP

1. Go over the following activities to complete this week:
 - Complete at least one template this week
 - Write at least 1 scripture in the favorite scriptures(Bonus Content)
 - Pray for the prayer request you received at least once this week.
2. Dismiss with prayer
 - Have someone pray to close out or read prayer on p. 5



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WEEK 2

TIPS

- Try to commit to completing at least one template each week.
- Try to allow at least 15 minutes to complete each template.

GETTING STARTED

1. Play a song from Anxiety Buster Praise & Worship playlist.
<https://authorkimberlyransom.com/playlists>.
2. Show participants how to get to the playlists.

GROUP DISCUSSION

Answer any of the following Questions:

- What template did you complete this week
- Did you do anything in the Bonus Content?
- How was your overall experience with the book this week?
- Does anyone want to share an excerpt of what they wrote?
- Are there any praise reports?

GROUP ACTIVITY

1. Compile a list of Favorite Scriptures
 2. Ask group members to share their favorite scripture of the week. Have someone write down each address for the scripture. Example: Psalms 23:1 is the scripture address for “The Lord is my Shepherd I shall not want.”
 3. Determine how you will distribute the lists of favorite scriptures to everyone in the group.
 4. Read John 14:26,27 & John 16:33 in various translations.
- Discuss what promises are in this text.
 - Discuss how these promises can relate to your current situation.



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WEEK 2 CONTINUED...

WRAP-UP

1. Choose at least 2 activities for the week
 - Complete at least one template this week.
 - Write at least 1 declaration/victory statement from your template and record it in the Bonus Content of the book.
 - Set an alarm/alert/reminder and add your favorite scripture so that when it goes off you will be reminded of that scripture. For example: I have a reminder on Alexa that goes off everyday at 11:30am. Alexa says, "I am reminding you to be strong and brave, don't be afraid because the Lord, thy God is with you"(Joshua 1:9).
 - Exchange phone numbers with someone and text them a scripture from your group's favorite scriptures list at least one time this week.
 - Find one song to add to your playlist. (Make sure everyone knows how to find the Anxiety Buster YouTube playlists in case they need an example.)
<https://authorkimberlyransom.com/playlists>.
 - Pray for the prayer request you received at least once this week.
2. Dismiss with prayer
 - Ask are there any new prayer requests.
 - Have someone pray to close out or read prayer on p. 5



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WEEK 3

TIPS

- Try to commit to completing at least one template each week.
- Try to allow at least 15 minutes to complete each template.

GETTING STARTED

1. Play a song from Miscellaneous playlist. Go to <https://authorkimberlyransom.com/playlists>. Then click on Miscellaneous playlists. Show group how to get to playlists

GROUP DISCUSSION

Answer any of the following Questions:

- What template did you complete this week?
- What activities did you do this week?
- Did anyone create a reminder/alert using their favorite scripture? Share your experience.
- Did anyone send/receive a text with a scripture this week? Share your experience.
- What songs did you add to your playlist this week?
- Does anyone want to share an excerpt of what they wrote?
- Are there any praise reports?

GROUP ACTIVITY

1. Share declarations/ victory statements
 - Ask group members to share their victory statements.
 - Create/compile a list of victory statements and distribute them to all group members (email...) or group members can write victory statements in the back of the journal in the “Declarations” bonus content.
2. Read Romans 5:1, Romans 5:3-5, 2 Corinthians 4:8,9,17 in various translations.
 - Read vs 17 in The Message translation
 - Discuss what promises are in this text.
3. Discuss how these promises can relate to your current situation.



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WEEK 3 CONTINUED...

WRAP-UP

1. Choose at least 2 activities for the week
 - Complete at least one template this week
 - Write at least 1 declaration/victory statement from your journal template and record it in the Bonus Content of the book.
 - Say your victory statement everyday this week.
 - Exchange phone numbers with someone and text them a scripture from the favorite scriptures list at least one time this week.
 - Create a playlist for you to listen to throughout the week. (Make sure everyone knows how to find the Anxiety Buster YouTube playlists in case they need an example. Go to <https://authorkimberlyransom.com/playlists>.)
 - Pray for the prayer request you received at least once this week.
2. Dismiss with prayer
 - Ask are there any new prayer requests.
 - Have someone pray to close out or read prayer on p. 5



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WEEK 4

TIPS

- Try to commit to completing at least one template each week.
- Try to allow at least 15 minutes to complete each template.

GETTING STARTED

1. Ask someone to share a song from their playlist or Go to <https://authorkimberlyransom.com/playlists> and pick a song.

GROUP DISCUSSION

Discuss any of the following Questions:

- What template did you complete this week?
- What victory statement did you say throughout the week?
- Did anyone send/receive a text with a scripture this week? Share your experience.
- What songs did you add to your playlist this week?
- How was your overall experience with the book?
- Does anyone want to share an excerpt of what they wrote?
- Are there any praise reports?

GROUP ACTIVITY

1. Share anything that you may have written in the Bonus Content in the past 4 weeks.
 2. Read Romans 8:18,28,31,35,37-39 in various translations.
- Discuss what promises are in this text.
 - Discuss how these promises can relate to your current situation.



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WEEK 4 CONTINUED...

WRAP-UP

1. Choose at least 2 activities for the week
 - Complete at least one template this week.
 - Write a prayer for the week. Pray it daily.
 - Write at least 1 declaration/victory statement from your template and record it in the Bonus Content of the book.
 - Say your victory statement everyday this week.
 - Exchange phone numbers with someone and text them a scripture from the favorite scriptures list at least one time this week.
 - Listen to a playlist you have created or listen to an Anxiety Buster playlist throughout the week or go to <https://authorkimberlyransom.com/playlists>
 - Pray for the prayer request you received at least once this week.
2. Have someone pray to close out or read prayer on p.105
Ask are there any new prayer requests.