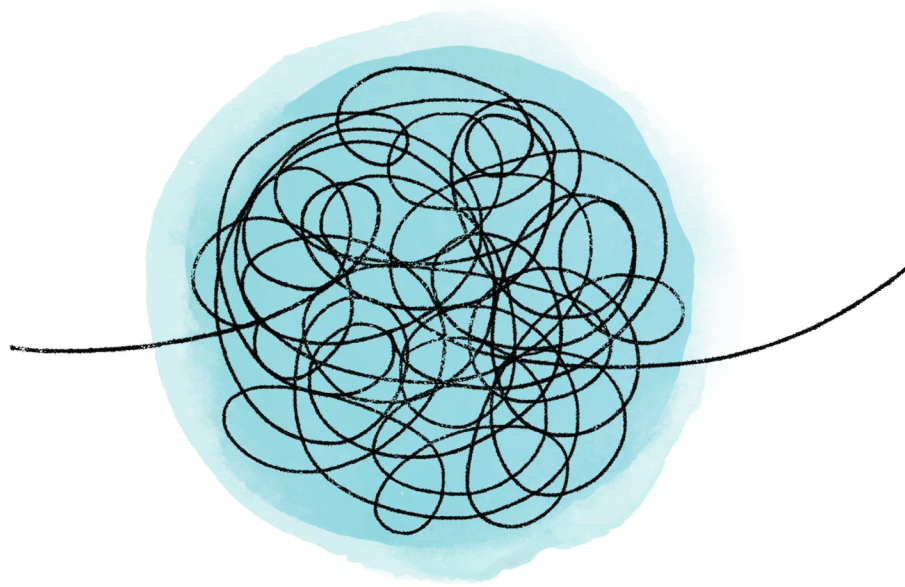


calming your anxious child

SMALL GROUP WEEKLY
DISCUSSION GUIDE



FOR SMALL GROUPS,
BOOK CLUBS, AND
MOMS GROUPS

micah maddox

MOODY PUBLISHERS

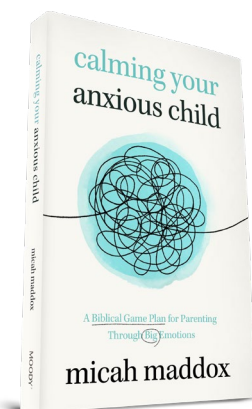
welcome!

Parenting a child with anxiety or big emotions can feel lonely, exhausting, and overwhelming, but you were never meant to walk this journey alone.

This discussion guide is designed to help parents gather around God's Word, encourage one another, and grow together as they read *Calming Your Anxious Child: A Biblical Game Plan for Parenting Through Big Emotions*. Our prayer is that these conversations strengthen your faith, deepen your relationships, and remind you that lasting peace is found in Christ.

BEFORE YOUR FIRST MEETING

Ask each participant to purchase a copy of *Calming Your Anxious Child: A Biblical Game Plan for Parenting Through Big Emotions* by Micah Maddox.



Choose a meeting location and schedule that works well for your group.

Create a comfortable, welcoming environment where parents can connect, encourage one another, and share openly.

Most importantly, **pray for your group**. Ask God to give each participant



SCAN THE QR CODE OR USE THE LINK BELOW
TO BUY THE BOOK ON AMAZON

amazon.com/Calming-Your-Anxious-Child-Parenting/dp/080243987X/

SUGGESTED MEETING FORMAT (60 MINUTES)

REFLECTION (20 MINUTES)

Invite each participant to share what stood out most from this week's reading. Encourage honest conversation while keeping the discussion focused on what God is teaching each person.

PARENT HEART CHECK (20 MINUTES)

Work through the Parent Heart Check questions found at the end of the chapter.

Encourage participants to answer as they feel comfortable. This is not a place for perfect parenting or criticism of one another. Instead, create an atmosphere of grace where parents can honestly reflect, grow, and encourage one another in Christ.

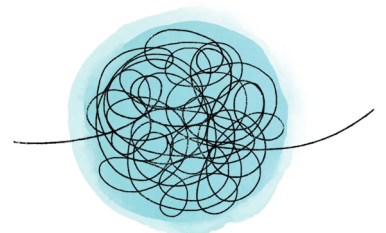
GROWTH & ACTION (10 MINUTES)

Help the group move from learning to application by discussing one practical step each person can take during the coming week.

PRAYER (10 MINUTES)

Share prayer requests and spend time praying for one another and your families.

Leave a few extra minutes before or after your meeting for fellowship and conversation. Some of the richest encouragement happens outside the formal discussion.



weekly discussion questions

Begin by briefly summarizing the main idea of the chapter you read together. Then use these questions to guide your discussion.

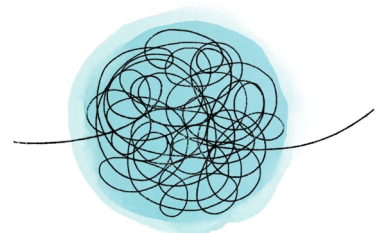
REFLECTION (20 MINUTES)

1. What part of this week's reading resonated with you most? Why?
2. In what ways did you feel seen, understood, or encouraged?
3. Did anything challenge your thinking or surprise you? Explain.
4. What was the most helpful insight or takeaway from this week's reading?
5. What truth from Scripture stood out to you?
6. Has anyone experienced something similar? What helped you?

PARENT HEART CHECK (20 MINUTES)

Use the Parent Heart Check questions at the end of the chapter to guide this portion of your discussion.

Allow each participant to share as much or as little as they feel comfortable. Keep the conversation centered on personal growth rather than trying to solve every parenting challenge.



GROWTH & ACTION (10 MINUTES)

End your discussion by encouraging one another to put this week's truths into practice. Work through these discussion questions together.

1. What is one thing you understand differently about your child after reading this chapter?
2. How might this chapter change the way you respond the next time your child feels overwhelmed?
3. What is one practical step you want to take this week?
4. What gave you the most hope this week?
5. What does this chapter remind you about God's character?

Remind one another that lasting change doesn't come from trying harder, it comes from walking daily with Christ. He is the One who brings peace to anxious hearts and strength to weary parents

PRAYER (10 MINUTES)

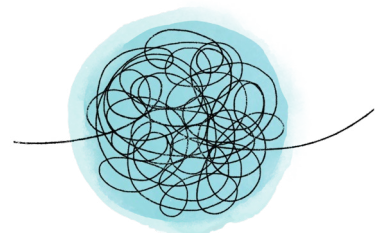
Close your meeting by praying for one another.

Option A: Prayer Partners

Ask each participant to write a prayer request on a 3×5 card. Exchange cards with another group member and spend a few minutes praying together in pairs. Encourage participants to continue praying for one another throughout the week.

Option B: Group Prayer

Invite participants to write their prayer requests on a 3×5 card. Read the requests aloud (if comfortable), then ask one or more group members to lead the group in prayer.



CONTINUE THE JOURNEY

Visit MicahMaddox.com for additional resources and encouragement to support your family as you continue learning and growing together.

May God encourage your heart, strengthen your family, and remind you that His peace is greater than every fear.

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