

# Anxiety and worry escape room

By Kathy Applebee

Scripture based on: Matthew 6, Luke 12, 1 Peter 5:7, Philippians 4

Recommended Ages/ target audience: upper elementary through adult

Ideal Group Size: 4-8

Suggested Time: 10 minutes introduction, 60 minutes playing time. Wrap up and reflection questions will add more time depending on what is chosen.

**STORY:** You are trapped in a distressing room. It radiates worry and anxiety like a radioactive isotope spews forth harmful radiation. Your head and stomach aches and your neck muscles tighten. Your breathing is rapid yet you can't get enough air. You are sweating, trembling, feel your heart pounding and can't sleep. On the wall is an object that looks like a thermometer but instead of measuring temperature, it measures your life span. You watch as your life leaks out of the bottom, and the number of years you will live, decreases slowly but surely.

The stress, anxiety and worry generated by this room (how it does that, you haven't a clue) is killing you. You have to get out before it's too late. Four locks stand between you and relief: a 4 number lock, a 4 direction lock, a 4 color lock and an 8 letter lock. Can you break out of this horrible place in time?

Lock Combinations: What codes will open the locks??

4 number 4629 (missing scripture reference numbers)

4 direction lock (WNNS) Paul's itinerary and map

4 color BYRP (Brown, yellow, red, pink from parable and Martha story)

8 letter lock WDSTBOPH (homophone scriptures)

Intro video <https://youtu.be/iRYKJxz9tkk>

Website <https://sites.google.com/view/escape-from-anxiety>

### Setup Instructions:

1. Decide how and when players can ask for hints.
2. Print the materials
3. Watch the intro video <https://youtu.be/iRYKJxz9tkk>
4. Go to the website <https://sites.google.com/view/escape-from-anxiety>
5. Solve the clues and input answers

### Reflection Questions:

1. What was the easiest clue? Toughest?
2. Anxiety can be described as a sense of uneasiness, nervousness, worry, fear, or dread of what's about to happen or what might happen. What kinds of anxiety and worries might Martha have had? Why was Mary's choice better?
- 3a. Anxiety can feel strange and confusing. Feelings of doom or fear that happen for no apparent reason can make a person feel scared, unprotected, and on guard. Imagine you are taking care of some children who have never been away from their parents overnight. They seem to be anxious. What might you do or say? Which of the scriptures might you share?
- 3b. Constant worries can make a person feel overwhelmed by every little thing. They can seem to haunt you like a ghost. All this can affect someone's concentration, confidence, sleep, appetite, and outlook. Share a time when you worried about something. How did it affect you? What did you do or could you have done to get rid of the worry ghosts?
4. A great way to keep our minds off the worry track is to appreciate the small, everyday blessings. What are some blessings we might take for granted or need reminding about?
5. Another way to combat worry is to focus our thoughts on things that are good, beautiful, and positive. Philippians 4:6-8 says: "Don't worry about anything, but in everything, through prayer and petition with thanksgiving, let your requests be

made known to God. And the peace of God, which surpasses every thought, will guard your hearts and minds in Christ Jesus.

Finally brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable—if there is any moral excellence and if there is any praise—dwell on these things."

List 5-6 things that you can think of that fit into one or more of those categories.

6. In the parable of the sower, like the seed sown among thorns, people hear the word; but the worries of this life, the deceitfulness of wealth and the desires for other things come in and choke the word, making it unfruitful. How does wealth deceive us? What types of worries choke the word? How are people unfruitful?

7. Why doesn't God want us to worry? If we worry, how does that show our lack of faith to others?

8. Which of the 8 scriptures with homophone errors speaks to you the most or would be the most likely to help you if you feel anxious? Why? (This question can be done earlier as a brain break. Post the 8 scriptures in such a way that players can physically move to the one that speaks the most to them. Give them 30 seconds to choose one and move to it. Give them 1-2 minutes to share in their thoughts of why they chose it within their smaller group or as a think-pair-share with a shoulder partner. Then give individuals a chance to share out with the whole group.