



# WEEK 3: HOW TO DISARM ANXIETY

## WELCOME

In recent history, more and more people are struggling with anxiety largely due to the proliferation of social media. Some people even experience physical manifestations of anxiety. The Bible teaches us how to disarm anxiety and to not let it control our behavior and our future.

- Did you have any worries as a kid that seem silly now? If so, what were they?

## WORSHIP

- Sing, *I Trust In God (Elevation Worship)*  
(If you're meeting in a public space, skip the song and instead have 2 or 3 people share a praise/thanks report.)

## WORD

- **Read Matthew 6:25-34**
  1. Which part of the message was most impactful for you and why?
  2. Matthew 6 was part of the Sermon on the Mount by Jesus. Jesus gives a command to not be anxious in verse 25. He then spends the rest of the passage giving specific reasons why we shouldn't worry. What are the reasons he gives?
  3. Read the previous verses (v.19-24). How does this passage connect to v.25-34?
  4. Worry reveals something about our hearts: When you worry and grow anxious, where is your ultimate trust? (see verse 21 in the previous passage.)
  5. In verse 33 Jesus gives the remedy to anxiety. What does it mean to seek first the kingdom of God? How is this a cure for anxiety and worry? Jesus tells us to "look" and to "consider" the reality of his sovereign provision. What some practical ways you can frequently do this in your own life?
  6. How would your life look different tomorrow if you decided, in the power of the Holy Spirit, to seek first the kingdom of God? How would this month look different? This year?
- **Read Philippians 4:6-7**
  1. Paul used the word *merimnao* (being pulled from different directions) to describe anxiety. Have you ever experienced this kind of anxiety?
  2. How can we know when legitimate concerns crosses the line into sinful anxiety?
  3. Paul's antidote for anxiety seems so simple: Pray! Give Thanks! Does it work in your experience?
  4. What is the difference between using prayer as a technique to deal with anxiety and prayer as a whole new way of living?

## WORK

- Be super honest: what makes you anxious?
- What are some truths from God's Word today that you can apply?
- Pray for one another.

### KEY SCRIPTURES

#### Matthew 6:25-34 NIV

25 "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? 26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? 27 Can any one of you by worrying add a single hour to your life? 28 "And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. 29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 30 If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? 31 So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32 For the pagans run after all these things, and your heavenly Father knows that you need them. 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own..

#### Philippians 4:6-7 NLT

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