



JESUS TALKS: ANXIETY

Pastor Derek Sanford

October 11, 2015

Life Group Discussion Questions:

1. Thinking back on this week's sermon, was there a particular point or passage that challenged you, confused you, or caught your attention?
2. Derek defined anxiety this way: "to be uneasy or nervous about an event, a person, or a problem that you can't control." What are the situations in your life that make you anxious?
3. Read the key sermon text, **Matthew 6:25-33**.
4. Derek said that "worry creeps in when we start treating things as more important than they really are" (**Matt 6:25**). What is the number one worry in your life right now? Where should that thing fall in your list of priorities? How can we gain proper Kingdom perspective?
5. Read **1 Corinthians 6:20**. If something's value is determined by how much someone will pay for it, how valuable are we? What was the price Jesus paid for us? Now read **Matthew 6:26** again. Does your present state of anxiety reflect the truth of how God values you? How can you speak His truth to yourself about your worth?
6. Read **John 14:27**. Jesus spoke these words to His disciples when they were troubled because He was telling them that He would be leaving them. What is the significance of Jesus saying that His peace is different from what the world can offer? When we worry where in the world do we look for answers and peace? Why do look to those things? Do they offer lasting peace, true answers?
7. Application: "Think of God's care and think of God's character."
 - a. Meditate on **Psalm 91:1-2** and ask God to renew your mind.
 - b. Read **Philippians 4:6-7**. Get on your knees and pray!
8. Challenge: Our lives should overflow with more peace and less anxiety because we are valued children of the King. When others share their worries and concerns with us, we need to ultimately share the peace that Christ gives, not just the temporary solutions of this world. What does this look like?

Prayer Thought: Use the ACTS prayer method to praise God for who He is, confess our anxieties, thank Him for His presence, promise of peace and sufficiency, and then lift our worries to Him.

Series Memory Verse: "Everyone then who hears these words of mine and does them will be like a wise man who built his house on the rock." **Matthew 7:24**