

ANXIETY

May 28, 2023

MESSAGE RECAP

This week's message addresses the clear cultural spike in anxiety and depression in the wake of an unprecedented global pandemic. Facing uncertainty, the increased polarization occurring even before COVID-19, and the various pressures of daily life, our world needs an answer to anxiety that permeates our hearts. Understanding this need, Jesus has gone before us by confronting, enduring, and conquering the anxiety we face.

GROUP DISCUSSION

1. Watch the following ad: <https://www.youtube.com/watch?v=ialVA4cu2uY>. Jesus suffered anxiety too. Is that hard to think about?
2. What are things that make you anxious? What causes worry repeatedly? What are the side effects of that anxiety?
3. Read the following verses: [Matthew 26:36-38](#); [Matthew 14:10-13](#); [Luke 22:44-46](#). In what ways did Jesus respond when he was in these anxious experiences?
4. Read [Matthew 6:25-34](#). Are these verses encouraging to you, or a challenge?
5. What principle can we take from vs. 34? Does this mean we should not plan for tomorrow?
6. What's the difference between planning and worrying?
7. We talked about 4 things Anxiety does: 1. Divides our perspective; 2. Steals our Security; 3. Hides God's Provision; & 4. Distracts us from Our Mission. Is there one or more of these that you see playing out in your own life?
8. Read [Philippians 4:6-7](#). What is Paul's antidote to worry? How does thinking about what's good a true help?
9. Read [Proverbs 19:20](#). What role does wise & encouraging counsel play in battling our anxiety?

PRAY

End your group time in prayer.