

WORRY, FEAR & ANXIETY

July 28, 2024

MESSAGE RECAP

In working through our worship, having a divided mind can take us away from being fully with God. We can lose ourselves in the concerns for our future. God wants us to know that He has got us, and Jesus tells us that anyone who is delivered into His hands cannot be taken from Him (John 10:28). Jesus closes this portion of the Sermon on the Mount by reminding us that God's got us. He knows our needs and gladly provides them as a good father does.

GROUP DISCUSSION

1. How does anxiety get a hold of you?
2. How has God provided for your needs?
3. We can read in Scripture how much God loves us. How much do you *believe* He loves you? Do you believe that He wants to address your needs? Why or why not?
4. Read Matthew 6:25-27. Chris here is speaking of internal needs, like food or drink. How have you seen God sustain your body?
5. Read Matthew 6:28-30. Jesus goes on to speak of external needs, like clothing. This could be needs such as shelter and comforts. How have you seen God sustain these needs that you identified?
6. Read Matthew 6:31-34. What is one clear way that you could seek God first today. How can you apply that in your life each day?
7. Read Philippians 4:4-9. Identify a concern that you need God's help with. How can you apply Paul's words to the Philippians to the concern this week?

PRAY