

THE DISCIPLE & ANXIETY PART 1

MATTHEW 6:25-30

“Worry is the antithesis of trust. You simply cannot do both. They are mutually exclusive.”

-Elizabeth Elliot

I. The Principle

II. The Picture

III. The Problem

Small Group Application Questions

Getting to Know You

1. What do you see in nature that reveals God's care and concern for His creation?

Into the Bible

2. God promises to meet our basic material needs but does his care for us extend beyond those to other needs as well? Jeremiah 17:7-8, Philippians 4:19

3. Biblical faith is not just a "shot in the dark", it is a confidence we have based on the character of a God we know. Why should we trust God in the face of a threatening life situation? Isaiah 40:28-31, Psalm 33:11, Psalm 37:25

Application

4. In this passage and many others, we are commanded not to fear, not to worry, not to be anxious. But anxiety is a natural human response to the threat of the unknown. How do we get past this? What is the biblical remedy? Philippians 4:6-7, I Peter 5:7

5. One of the greatest sources of anxiety is the sense of isolation—that we are left to struggle with life and our fears on our own. What does God offer in response to this? John 16:33, Isaiah 41:10, Isaiah 41:13

For Families

6. Talk with your children about God's promise to care for us and provide for us.