



Grace Group Guide

United Purpose: Together we will designate time and place to deepening our desire for God, caring for and urging each other to action!

United Actions: WL Groups...

-**Scripture:** Be in the Word together

-**Encouragement:** One another each other

-**Prayer:** With and for each other and the lost

-**Accountability:** Now What? Put it into action!

Icebreaker: When you hear the word “anxiety,” what comes to mind? How would you define anxiety? And why do you think it’s such a contentious issue in our culture right now?

Transition: Because anxiety is such a “hot topic” currently, we all bring a variety of our own thoughts/feelings to the table whenever it is talked about. The goal this week is to gain a clearer idea of what God has to say about the issue and, more specifically, what we should do when we feel anxious.

-Discussion-

READ: Matt. 6:25-34

- **What does this passage teach about anxiety?**
 - **Possible answers:**
 - Anxiety about circumstances reveals a lack of trust in God’s sovereignty/provision.
 - Anxiety is focused on the future. Anxiety is a present response to future uncertainty.
 - Anxiety is unhelpful! We cannot “add a single hour” to our lives by being anxious (v. 28)
- **What does this passage teach us about dealing with anxiety? Instead of feeling anxious, what are we told to do?**
 - **Possible Answers:**
 - Trust that our Father knows what we need (v. 32)
 - “Seek first the kingdom of God and his righteousness” (v. 33)
 - **Optional question:** what does it mean to “seek first” the kingdom of God? (Note: remember the Lord’s prayer from earlier in this chapter!)
 - Focus on today’s troubles (v. 34)

READ: Phil. 4:4-9

- **In this passage, we are again told not to be anxious. But what does this passage teach about dealing with anxiety? When we feel anxious, what are we told to do?**
 - **Answers:**
 - Rejoice in the Lord! (v. 4)
 - **Optional question:** What do you think it means to rejoice “in the Lord”?
 - Pray. Specifically, present our requests to God with thanksgiving (v.6)
 - Think about what is true, noble, right, pure, lovely, admirable, excellent, praiseworthy (v. 8)
 - Live the Christian life – put what we know into practice (v. 9)

How do these two passages relate to one another? Is there a common theme (or themes)?

- **Potential Answer:** Both passages emphasize that, when we are anxious, we are to set our minds on the things of God and live with those things at the forefront of our minds. We are to “seek first” the Kingdom of God, to “think about” things that are true, noble, right, pure, etc., and to pray with a heart of thanksgiving – not worrying about tomorrow’s troubles but expressing our gratitude for the blessings God has given us today.

-Reflection/Application Questions-

- As a group, brainstorm a list of things that match Paul's descriptors in v. 8. What things are true, noble, right, pure, lovely, admirable, excellent, or praiseworthy?
 - Draw from a variety of sources: Scripture, creation, personal stories, impactful people in your life, actions, etc.
- How can we make a habit of bringing these things to our minds daily?
- Do your prayers always include thanksgiving? And if not, why?

-Application-

- Make your own personal list of things that match Paul's descriptors in v. 8. Keep that list in a place where you'll see it again, and try to add more things to that list as you think of them throughout the next week.
- Make a habit of including thanksgiving in all your prayers.

-Pray-

- Living for Christ is not only about what we are "putting off" (like anger), but also about what we are "putting on." For that reason, we're going to read Colossians 3:8-13 often in this sermon series. Read this passage aloud together and then pray over your group.