

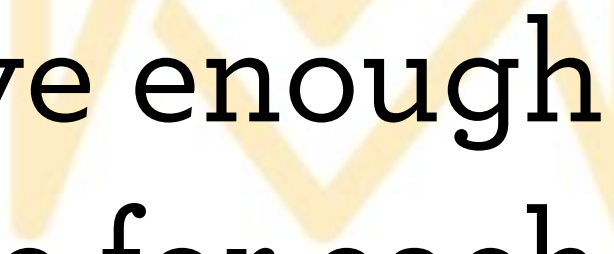


Answer the King: *Which of You by Being Anxious...?*

Discussion Questions

Date: October 20, 2019 | **Scripture:** Matthew 6:25-34

1. Read Matthew 6:25-34. What stands out to you?
2. What is your relationship towards anxiety and worry? Are you by nature an anxious person? Why or why not? What tends to make you anxious or worried? How do you deal with it?
3. Jesus says we should not worry because there is more to life (v. 25) and more to you (v. 26). Have you noticed any small ways God has provided for things in nature or in someone's life? How can taking a step back and looking at things from a larger perspective help us deal with worry and anxiety?
4. In verse 27, Jesus tells us that worrying doesn't help. Is it easy for you to fuel your worry? What does that look like? Are there any practices or disciplines that have helped you control your thoughts and energy levels so that you don't fixate on worry?
5. One of the best ways to overcome anxiety is to remember that God can be trusted (v. 30). How have you seen God work in the midst of your anxiety? What has he taught you in those moments? How can we encourage one another to remember that God cares for us?
6. How do we see the principle of trusting God demonstrated in the life of Jesus? How does this gospel truth shape our approach to worry, even in difficult or painful experiences?
7. Jesus says we should not worry because we have enough for one day (v. 24). What can we do this week to meet with Jesus personally and be filled with him?



You have enough
trouble for each
day, but you also
have enough Jesus
for each day.