

Overcoming Anxiety

Jesus said, "Fear not, little flock, for it is your Father's good pleasure to give you the kingdom." (Luke 12:32).

Sermon Questions

1. On a scale of 1 to 10, how would you rate your problem with anxiety? 1 2 3 4 5 6 7 8 9 10
2. Jesus' command "do not be anxious" gives us _____ because anxiety can be overcome.
3. If you are not to be anxious about the essentials, you are not to be anxious about anything (Yes/No)
4. List the three reasons Jesus gives for why we must put away anxiety:
 - i. Higher than your need is a _____ who provides. (Life is more than food and clothing.)
 - ii. Anxiety is _____. God is our strength and help.
 - iii. You are not _____, but children of a heavenly Father.
5. To seek God's kingdom is to seek to live faithfully under the Sovereign Kingship of Jesus. (Yes/No)
6. When Jesus calls us to sell our possessions and give to the needy, he is exaggerating. (Yes/No)
7. _____ gave everything for our poor and needy souls. Can we not give to others?
8. When we give money, Jesus makes sure we get back more money than we give. (Yes/No)
9. The things that make you anxious tell you what your _____ treasures.
10. Christ is the satisfaction of all our cravings. (Yes/No)
11. List the three summary statements from Jesus' teaching today:
 - i. Anxiety comes from worldly concerns while ignoring eternal and heavenly ones.
 - ii. Anxiety is self-focus; peace is found in pleasing God and others.
 - iii. Anxiety is overcome when we live knowing God is Lord over all.

Discussion/Meditation Questions

1. After hearing today's teaching on anxiety, list areas of your life that you're anxious about. How does this reveal a self-focus rather than trusting God who cares for you?
2. Read Haggai 1. What similarities do you see between that chapter and today's passage? How did the people's anxiety in caring for their own needs benefit them? What was the solution?
3. What steps will you take this week to overcome anxiety? Will you give to the needy? Will you repent of busying yourself with temporal things? How will you practically obey Jesus?
4. What was your most significant take-away from this passage and sermon? Share this with another brother or sister in the fellowship.

Extras for the Children

What song did you enjoy the most today? _____

What did you learn about God today? _____

What words did you not know today? _____

