



STUDY GUIDE - July 21 2019

Message Title: Think Before You Worry
Teaching Pastor: Brian C. Hughes

This study guide has been designed for Small Groups in mind, and can be used by individuals as well.

How would you describe yourself as far as anxiety is concerned?

Are you anxious a lot?

Are you a worrier?

Or do things roll off your shoulders pretty easily?

Discuss with your group each person sharing how chronic worry and anxiety is in your life and why you think that is the case.

WATCH THE VIDEO

Read Matthew 6:25-34.

What do you think Jesus is saying about worry?

What's he telling us not to worry about?

Do you think that if you were sick, God is dishonored if you are concerned about your illness? Why or why not.?

Where do we cross the line from instinctive anxiety that we cannot control and anxiety that we can control?

Jesus finishes this section by contrasting today and tomorrow. He tells us that today has enough trouble of its own so basically he's saying "worry about today, not tomorrow!" How much trouble do you have remaining in the present and not focusing your worries on the future?

Jesus actually gives us a remedy to worry. It's a pivot point where we shift from thinking about ourselves to focusing on the kingdom of God. That's what Jesus means in Matthew 6:33. So what would it look like in your life if you focus more of your energy on seeking the kingdom of God and less on the worries of your life like Jesus pointed out (things like clothing, food, etc.)

In the message on Sunday, Brian talked about three particular things as tools to combat anxiety.

- 1: a gratitude list.
- 2: looking for where God might be at work or how God might show up in an anxiety producing situation.
- 3: putting anxiety in time out.

For everyone who is here on Sunday or caught up and watched the message after the fact, talk about each of these three things in your group and what you're doing to implement them.

Be sure to pray for each other, particularly for anyone in your group who expresses that they struggle with chronic anxiety.

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