



Nov. 5, 2023

Gospel of the Kingdom – Anxiety Part 3

Matthew 6:34

Summary – Scripture is full of wisdom and practical tools you could call anxieties enemies. Even more than being the antidote to anxiety, these seven tools help all of us live out the brilliant lives that Jesus has purchased for each of us.

Scripture – Matthew 6:34; Luke 12:11-12, 10:40-42; 1 Corinthians 7:32; Philippians 4:6-9; Hebrews 13:1-6; Acts 21:10-14; 2 Timothy 1:6-7; 2 Peter 1:3

Community Group Questions

Win Today (Matthew 6:34, Luke 12:11-12)

- “My life has been filled with terrible misfortune, most of which never happened.”
– Michel de Montaigne
- “Anxiety makes us children; it makes us dramatic.”
- What are the challenges/benefits of taking every thought captive? (2 Cor. 10:4-6)

Crush Perfectionism (Luke 10:38-42)

- “Make issues local and precise, not global and exaggerated.”
- How does focusing on being grateful help combat perfectionism?

Shift the Story (1 Corinthians: 7:32-34)

- “So much of life is the story you’re telling yourself.”
- How does difficulty forge us into better people?

Guard the Gate (Phillipians 4:6-9)

- “Be mindful of what we allow in the pool of our mind or we’ll get thrashed.”

Treasure the Team (Hebrews 13:1-6)

- “If Jesus is your savior, he’ll always be your savior no matter what man says.”
- How does getting involved with the church body help push back on anxiety?

Freely Face It (Acts 21:10-13)

- Why is there power when we volunteer to do what we don’t want to do?

Remember the Gift (2 Timothy 1:3, 6-7)

- How should the presence of the Holy Spirit in the believer push back on anxiety?
- How do we fan flames of the Holy Spirit?