

Anxiety | Matthew 6:25-34 Sermon Discussion Guide

Purpose of Discussion: To practice self-analysis on why we feel anxious and what we can do about it.

Sermon Refresher: We all struggle with anxiety, yet Jesus commands us to “not be anxious”. Anxiety is often a result of getting trapped living in “smaller stories” for “smaller kingdoms”. But he gives us a “bigger story” and tools for our toolbox to fight the anxiety in our lives.

Icebreaker: What does anxiety “feel like” for you? Meaning – do you get sweaty hands, shortness of breath, tightness in your chest, thoughts that are in loop that you can’t get out of, trouble sleeping?

Transition: Now that some of you have sweaty palms and nervous tics going on because you’re getting anxious about thinking about anxiety, spend just a few minutes reading today’s passage out loud together – Matthew 6:25-34.

Discussion:

1. Look back on your last 4-6 weeks. What are some moments or situations that have caused you anxiety? List them out, we’ll refer back to them later.
2. What are alternate remedies for anxiety other than the Scripture (TV, food, exercise, medication, shopping, etc.)? Which have validity or benefit? Which don’t?
3. Think back on your times of anxiety from earlier. What has the payoff been? No, seriously. What has the anxiety in those times accomplished in your life? Positive consequences? Negative ones?
4. What are some of the “smaller stories” that you “live in”? The small kingdoms you live for? Dave mentioned money, comfort, power, status, your looks, career success. Which of those (or others) attract your attention or energy?

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5. Dave said that anxiety often comes when we forget the story we're in. With that in mind, go back to your list of anxieties in last 4-6 weeks. Can you see connections between your personal anxieties and the smaller stories you're living in?

6. In the video of the Showmakers, Becky brings up the idea of a toolbox and Dave concluded talking about that. What tools in the anxiety toolbox do you want to use this week? Here are some options:

- A passage of Scripture (Matthew 6:25-34, Psalm 16:1-2, 1 Peter 5:7)

[Matthew 6:33-34](#)

But seek first his kingdom and his righteousness, and all these things will be given to you as well. ³⁴Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

[Psalm 16:1-2](#)

Keep me safe, my God, for in you I take refuge. ²I say to the Lord, "You are my Lord; apart from you I have no good thing."

[Psalm 16:11](#)

You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.

[1 Peter 5:7](#)

⁷Cast all your anxiety on him because he cares for you.

- Anxiety as a cue to pray?
- Practicing the spiritual discipline of joy?

Sharing and Prayer: What is just one thing you want to take away from this discussion or implement this week? What real-life situations that are producing anxiety can we pray for together?