

Summer With Jesus

Week 7 LIFE Group Study – Cure for Anxiety

Checking In

Welcome everyone back to this series. When you were young what did people think about how you dressed? Weird, independent, bizarre, conservative?

Memory Verse

“For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.”

2 Timothy 1:7

NOTE: THERE IS NO GROUP VIDEO FOR THIS SERIES

FACILITATION FOR THE GROUP LEADER

NOTE: Use the following as a guide as you prepare to lead your group time. Use what is helpful for you to facilitate the discussion.

Discovery questions and the group guide follow this material:

Anxiety is a big problem. What we heard very little about has become an epidemic today. Anxiety takes on many forms. We call it worry, Christians call it concern! We call it social awkwardness or Agoraphobic. We might call it nervous or cautious. Whatever we call it, it has the same result. Anxiety leaves us unsettled and focused on things rather on Jesus.

How do we deal with this personally and as a church family?

As in all things Jesus has the answer. The Sermon on the Mount is really divided into three sections. It starts with the beatitudes then moves to 6 character traits of a believer then ends with the external reactions and commitments.

My kids used to ask me if Jesus was the answer to all questions. In regard to a life well lived, He is the answer. Let us listen to what he says and apply his truth to our lives.

“Therefore, I tell you: Don’t worry about your life, what you will eat or what you will drink; or about your body, what you will wear. Isn’t life more than food and the body more than clothing? Consider the birds of the sky: They don’t sow or reap or gather into barns, yet your heavenly Father feeds them. Aren’t you worth more than they? Can any of you add one moment to his life span by worrying? And why do you worry about clothes? Observe how the wildflowers of the field grow: They don’t labor or spin thread. Yet I tell you that not even Solomon in all his splendor was adorned like one of these. If that’s how God clothes the grass of the field, which is here today and thrown into the furnace tomorrow, won’t he do much more for you—you of little faith? So don’t worry, saying, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear?’ For the Gentiles eagerly seek all these things, and your heavenly Father knows that you need them. But seek first the kingdom of God and his righteousness, and all these things will be provided for you. Therefore don’t worry about tomorrow, because tomorrow will worry about itself. Each day has enough trouble of its own.

Matthew 6:25-34

Look at the three areas of concern:

- What will we eat? It is a question of provision.
- What will we wear? It is a question of covering.
- What will worry about? It is a question of trust.

People without Jesus have troubles:

- Religious leaders live life by their rules.
- Gentiles live life by their desires.
- Jesus's followers live life in his presence.

The cure to anxiety is shifting your focus:

- God will take care of you!
- When you are concerned with His Kingdom, He promises to provide. This is a promise with a premise, focus on Jesus and His Kingdom and you will be cared for!

Last thought. Stay focused on Jesus today!

“You will keep the mind that is dependent on you in perfect peace, for it is trusting in you. Trust in the Lord forever, because in the Lord, the Lord himself, is an everlasting rock!”

Isaiah 26:3-4

Discovery Questions

- What does the link between the birds and lilies teach you?
- How does your work ethic and your faith fit into the message of this passage for you? Is your bank on culture or is it in the light of eternity? How so?
- What do you worry most about? What are the signs that tell you are worrying too much? How do you know? Who can sense that in you?

Putting It Into Practice

Each week Pastor Scott will challenge you to put into practice what you are learning. These challenges will help you take the concepts we are learning deeper into your life and help you with your own personal hope. This week Pastor Scott challenges us to:

1. **Worry Breakers**

Meditate on God's Word this week as a worry buster. If you find yourself going to that place look up scriptures concerning worry and anxiety to hold onto for the week.

2. **"Don't Worry About Your Life..."**

What does this portion of the scripture mean to you? Think about it this week and share with someone if it means: all will be OK, don't sweat the small stuff, God will bail you out, get you act together? Something else that will help you to move forward without worry?

Prayer Time

Spend some time in prayer over things that have been worrying you in groups of 2 or 3. Be specific in your requests and hear the requests of others so that you may support one another this week.

TIP: Be ready to share how this prayer time helped you to move through this challenge in the next LIFE Group time.