

Jesus Is King | Dec 6th-12th, 2020

Discussion Guide

PRAYER

EVENTS



Anxiety - The Emotion of 2020

The answers are easy, the application is difficult

KEY BIBLE PASSAGE: Matthew 6:25-34

DISCUSSION:

- What does your family of origin look like as it relates to anxiety/worry? How has that affected you & your family today?
- (The Answers) Read Matthew 6:25-34 & Phil 4:4-9
 - What are the simple answers to anxiety found in these passages?
 - Why is the “therefore” there for in Matthew 6:25?
 - What do we learn from a bird’s life about worry?
- Read Ezekiel 8:12
 - What’s in your “room of pictures” - What imaginations are going on in your head that are causing anxiety?
 - Creatively use the left-side of your brain - what are some pictures that might represent the things that we worry about as humans?
- (The Application) Refer back to Matthew 6:25-34 & Phil 4:4-9
 - Why does worry often masquerade itself as just really caring about something and being responsible? How have you seen that in life?
 - How would you explain to a young believer that seeking first His Kingdom or thinking about what’s true/honorable/just/pure/lovely/etc. will help protect them from worry?
 - How do you balance not worrying about tomorrow with planning ahead appropriately?

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Scripture for further study:

Isaiah 26:3 ESV

*“You keep him in perfect peace
whose mind is stayed on you,
because he trusts in you.”*

Luke 21:34 ESV

*“But watch yourselves lest your hearts be weighed down with dissipation
and drunkenness and cares of this life, and that day come upon you
suddenly like a trap.”*

1 Peter 5:6-8 ESV

*“Humble yourselves, therefore, under the mighty hand of God so that at
the proper time he may exalt you, casting all your anxieties on him,
because he cares for you. Be sober-minded; be watchful. Your adversary
the devil prowls around like a roaring lion, seeking someone to devour.”*

Psalms 94:19 ESV

“When the cares of my heart are many, your consolations cheer my soul.”

WATCH SERMON

