



RESOURCES FOR GROUPS

TITLE: Beat Anxiety Before It Beats You

DATE: March 7, 2021

TEXT: Matthew 6:25-33 + Psalm 46

SPEAKER: Pastor Brian Berg

COMMUNITY BUILDING:

- Who is a person you really treasure? Why?

CHRIST-CENTERED DISCUSSION:

Bold indicates zoom friendly OR to be used with spiritual growth partners. *Italicized green text is the leader guide.*

- Did you have any opportunities to avoid "trouble" with treasures or use your treasure for kingdom purposes this week? How did they play out?
- What does Matthew 6:25-34 specifically say not to worry about? Why?
What sorts of things do you worry about most?
What are the signs in your life that you are worrying too much?
- What do we learn about who God is from Matthew 6:25-34? What 7 phrases describing God do we see in Psalm 46? Have any of these phrases proven true in your life?
Review your notes from the sermon. Consider listening to [this song](#) (Psalm 46 by Shane and Shane) as you review Psalm 47 searching for the 7 phrases.
- **Jesus connects worry to a lack of faith (Matthew 6:30). How does faith help in the battle against worry? How can you increase your faith?**
One of the ways that Pastor Brian referred to often this week is the idea of remembering who God is and remembering who you are to God. Review these ideas and talk about practices that can help you remember God's character when worry lurks close. Brainstorm situations where worry is most prevalent in your life and strategize about how you can remember who God is quickly in those times. Another way to build faith is to recount the times that God has proven himself. Spend some time as a group doing this so that everyone's faith increases.
- **When you are worrying and you decide to stop and trust God, what thoughts or actions guide you through that transition? What Scripture helps you to fight for faith when you are worried?**
Revisiting Psalm 46 is helpful. Perhaps have a short list of your own passages in preparation to jump start this discussion. Build a list together as a body of believers.
- One commentator paraphrases Matt. 6:33 with "If you want to worry about something, worry about your relationship with the Father." Discuss that in relationship to these other sections of the Sermon on the Mount: Lord's Prayer (Matthew 6:9-13) and hungering and thirsting after righteousness (Matthew 5:6).
- Describe a time in your life when "the wheels came off" or "the bottom fell out." What helped you through that time?
Be aware: this question has the potential to dominate your whole discussion time. If you choose to engage with this one, consider having people pair off to share and bring big ideas back to the group or ask just one member (ahead of time) to share their story. Draw these true stories and happenings back to who God is and who you are to him. Yes, recognize the pain and agony of these stories and yes, remind each other of who He is and who you are.
- What are some ways that Psalm 46:10 can happen in your life this week? Be as specific as possible.
Prayer activity: As a closing prayer, have group members share a need for God's special protection right now or a specific worry they are facing, then have another member read Psalm 46:10 as a response to each one.

FAITHFULLY FOLLOWING:

- Individually or as a group, how does worry and anxiety currently impact you and how will the truths talked about in this message and in your group impact how you live this week and moving forward. How will you practically trust and rest in God this week? Pray for the power of the Spirit to equip you to do it.
- The Joyful Journey resource page on our website has many Faithfully Following pieces.