



# STUDY GUIDE

## ANXIETY & THE PEACE OF GOD

### 11.10.2019

#### [start with prayer]

Missions Prayer Focus this week:  
Keith and Natalie Back—CRU

#### [set up]

Circle the word that best describes your level of trust in God to provide for your needs:

Non-existent      Low      Moderate      High      Extremely high

Why did you choose that word?

Can you share a story of how you saw God faithfully provide for a need in your life?

#### [digging deeper]

**Read Matthew 6:25-34.**

Write down two observations or strong impressions you have from this passage and share them with the group

1. \_\_\_\_\_
2. \_\_\_\_\_

Although rhetorical, give an answer or thought to the questions Jesus asked in this passage:

- Is not life more than food and the body more than clothing?
- Are you not of more value than they (birds)?
- Which of you by being anxious can add a single hour to his life span?
- Why are you anxious about clothing?
- If God clothes the grass of the field...will He not much more clothe you?

How do you determine the difference between essential needs in your life and wants?

What helps you trust God to meet your needs? Is there a verse that is a “go to” for you on this topic?

(over)

Summarize what Jesus is saying about anxiety in these verses. It will help to identify exactly what kind of anxiety Jesus is referring to—the source of anxiety.

Read Luke 10:41-42 and share how it relates to the Matthew 6 passage.

Read through Psalm 78. What moment in history is this referring to and how does it also relate to what Jesus is saying in Matthew 6?

Jesus gives a directive in Matthew 6:33. Last Sunday, we were also encouraged to memorize this verse. How do we seek the kingdom of God? How does it help us trust that God will provide for our needs?

### **[living it out]**

Give each person a couple of minutes to review and memorize Matthew 6:33. Now pair up and practice quoting Matthew 6:33 from memory to your partner (guys with guys and girls with girls).

Stay with your partner and answer these three questions with each other:

- What about today's lesson encourages and affirms me?
- What about today's lesson really challenges me?
- What is a tangible step I can take in growing in my trust of the Lord's provision in my life, in such a way that it will reduce anxiety?

### **[praying it through]**

Now close in prayer with your partner. Start from Matthew 6:33 and turn the verse into a prayer. Then pray for each other based on the answers you gave to the three questions. Also commit to check in on each other later this week (text, call, email, meet for coffee) to follow up on how you are doing on your tangible step.