

The Cure For Anxiety

Group Study Questions

Opening Question:

If you could eliminate one source of worry or anxiety from your life instantly, what would it be and why?

General Observation:

1. What stood out to you most from the sermon about anxiety and worry?

2. How did the pastor's personal experiences with anxiety resonate with you?

Understanding the Message:

3. The sermon focused on Matthew 6:25-34. What are the main points Jesus makes about worry in this passage?

4. How does Jesus use examples from nature (birds, lilies) to illustrate God's care? What's the significance of these illustrations?

5. What does it mean to "seek first the kingdom of God and his righteousness" (Matthew 6:33)? How does this relate to overcoming anxiety?

Personal Application:

6. The pastor mentioned "tracking down your anxiety." What are your primary sources of worry, and how might you apply the "what if, then I would, but God" formula to them?

7. How does remembering God's promises help combat anxiety? Which Biblical promises are most meaningful to you in times of worry?

8. The sermon emphasized that worry is useless. How have you experienced this truth in your own life?

9. In what ways do you struggle to surrender your "kingdom" to God's kingdom? How might fully embracing God's agenda for your life impact your anxiety levels?

10. What practical steps can you take to live out the advice to "take it one day at a time" when dealing with worry?

Action Steps:

11. This week, choose one Bible verse about God's provision or peace to memorize. How will you incorporate this verse into your daily routine?

12. The pastor suggested identifying what makes you anxious and fighting those lies with God's truth. What is one specific worry you can address this way this week?

Sample Prayer:

Heavenly Father, we come to You acknowledging our struggles with anxiety and worry. Thank You for Your promise to provide for us and give us peace that surpasses understanding. Help us to seek Your kingdom first and to surrender our agendas to Yours. Teach us to trust You one day at a time, bringing our concerns to You in prayer rather than letting them consume us. May Your peace guard our hearts and minds in Christ Jesus. Give us the courage to face our anxieties and replace them with the truth of Your Word. In Jesus' name, Amen.