

SERMON SERIES DISCIPLING GUIDE

Series: Abundance • Week Three: The Ability to Deal With Anxiety • Date: Feb. 9/10, 2019 • Speaker: Dave Mohr

INTRODUCTION

During his early earthly ministry, Jesus addressed a host of relevant topics His followers needed to hear. Initiated by a new covenant based on love instead of rules, He told them that a life devoted to the Kingdom looks different than a life that isn't. But He didn't say it was going to be easy. In fact He taught challenging, real-life truths that go hand in hand with devotion to Him. Worry was one of them.

READ TOGETHER

Read through **Matthew 6:24-34**.

WORRY DEFINED

"Wurgen": German origin meaning "to choke". Eventually became known to mean "*mental strangulation*"... describing being harassed with anxiety.

DISCUSSION QUESTIONS

1. When you face a worrying situation, is your tendency to try and deal with it or to be more passive? What are some advantages and disadvantages to the way you respond to worry?
2. Read **Matthew 6:27**. We all know intuitively that what Jesus is saying here is true, so why is worry such a problem for so many people?
3. During the message, Dave says, "*Worry holds us back from the Abundant Life Jesus promised.*" Respond to that statement. What does abundance look like to you? Is it truly something we all want? Why or why not?
4. Think about some of the things that cause you to worry. Is there a cost to spending your time and energy worrying about those things? What are some of the costs?
5. Worry is an emotional response to fear. Do you agree with that statement? Where do our fears come from?
6. Read **Matthew 6:30-34**. What are some obstacles to you believing what Jesus said about trusting God? How would your life be different if your *belief* in Him could also be defined as total *trust*?
7. Name at least 5 things that would be considered normal to worry about. Would any of them look any different if you let God take care of them? What might His perspective be for your biggest worry?
8. Be honest, does it sound too simple to stop worrying just by switching our devotion? Why or why not?

What can you do this week to declare your trust in God, and participate in His Kingdom today? How can this group support you?

MOVING FORWARD

When you're tempted to worry, look for a way to participate in what God is doing today. Begin your day declaring your trust in God, followed by expressing your thankfulness for all He's done. This is a way to seek first God's kingdom. Before worry starts whispering in your ear, start trusting your heavenly Father who loves you. It is the greatest habit you can develop. Do not worry. What has worrying ever done for you?

PRAYING FORWARD

Name the things that you're prone to worry about, taking time to pray with and for one another in these areas.

Can any one of you by worrying add a single hour to your life? - Jesus