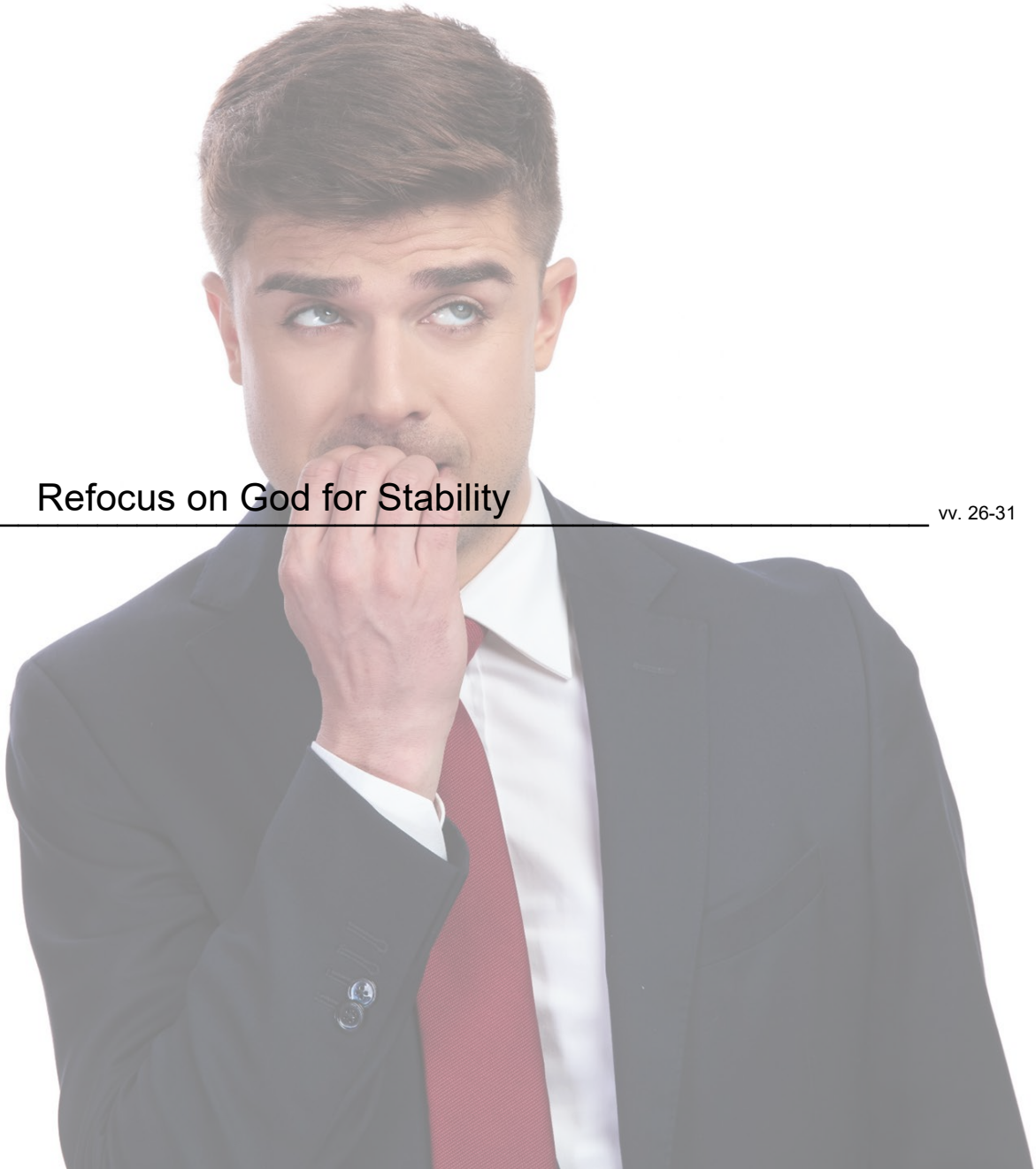


Nailbiter

“ How to Find Relief During Anxious Times - Part 1 ”

1. Recognize You Have a Choice vv. 24-25

2. Refocus on God for Stability vv. 26-31



Grow Group Discussion Questions

A grow group is 8-16 people who get together weekly to study God's word and the previous Sunday's message. There is a time of discussion, support, encouragement, and learning how the message applies to daily life. **PCC uses the ESV (English Standard Version).**

HOW DO I JOIN A GROUP?

To learn more or join a group, visit pacificcoastchurch.org/gg/ or sign up at the patio Info Kiosk.

Point #1

- Read Matthew 6:24-25. Why were people anxious during the time of Jesus? What does Jesus tell them to do?
- How does this relate to Point #1? What does anxiety ultimately reveal about your ability to control? Be specific.
- What makes you anxious today? Why? How can Point #1 help you from letting anxious thinking go unchecked?

Point #2

- Read Matthew 6:26-31. What primary truth does Jesus teach His audience about God's love and care?
- How should this have helped them with their anxiety? (i.e., Point #2) How can Point #2 also be a struggle?
- As you consider God's love for you and the things that make you anxious, how can you practically apply Point #2?

Daily Devotions

These are provided for mid-week personal spiritual growth. Prayerfully writing out your answers will help you experience real life transformation as you dig deeper into the spiritual truths of God's word and today's message.

A downloadable PDF of this document is also available each week at pacificcoastchurch.org/sermons.

MONDAY // Read Matthew 6:24-25a, 1 Timothy 6:6-10

- Explain why people in the ancient world may have been anxious about food and clothing. (tax rate, daily pay)
- In what way can this same thing happen today? Why will an imbalanced focus on money cause worry and anxiety?
- How have you experienced this imbalance in your own life? How is God prompting you to be more careful?

TUESDAY // Read Matthew 6:24-25a, 10:19, Philippians 4:6

- In what way did Jesus challenge the way his audience was engaging in anxious living?
- How might He have surprised them with the solution? ("do not be anxious") What is required to do this?
- Given today is election day, how might you apply this truth? What are you learning about your anxious tendencies?

WEDNESDAY // Read Matthew 6:25b-27

- What truth does Jesus present about the effects of worry and anxiety? How can this easily get overlooked?
- What does anxious thinking also imply about your ability to control a situation? Be specific.
- Why will worry and anxiety disrupt spiritual priorities? Give an example. How does this encourage you?

THURSDAY // Read Matthew 6:28-31, Hebrews 11:1-3, 1 John 4:18, Ephesians 3:20

- Explain the dynamic that takes place between anxiety and faith. Why will one cancel out the other?
- What does worry and anxiety also highlight "where" faith is being placed? Why will this always be limiting?
- As you think through an area of anxiety in your own life, how can you better trust God for the solution?

FRIDAY // Read Matthew 6:28-31, Romans 8:5-8, 1 Corinthians 3:19, 2 Corinthians 10:5

- Knowing that anxiety and worry are rooted in a thought life, what does this imply about your ability to control it?
- How does 2 Cor. 10:5 help you better understand how to make this happen? How does awareness play into it?
- In what way do you need to do a better job at paying attention to your thought life? What will you do today?

SATURDAY // Read Matthew 6:28-31, Psalm 42:11, 52:8

- In what way did Jesus adjust the misplaced priorities of his audience? How would the visuals help them remember?
- Given the audience weren't literate, how would self-talk also have played into their practice? (c.f. Psalm 42:11)
- How can this same practice help manage anxious thinking? How can you practice self-talk today? Be specific.

MEDITATION VERSE: ²⁶Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? ²⁷And which of you by being anxious can add a single hour to his span of life?
Matthew 6:26-27