

It's a Problem!

“ How to Find Relief During Anxious Times - Part 2 ”

1. Step Into Godly Obedience v. 32-33

2. Practice Keeping a One-Day Perspective v. 34



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 6:31-33. What did Jesus mean by seeking God's kingdom? (i.e., "and his righteousness")
- What does this highlight about an active vs. a passive approach to anxiety? How does Point #1 highlight this truth?
- In what way will a passive approach also make anxiety worse? How will you step into Point #1 this week?

Point #2

- Read Matthew 6:34. What command did Jesus give to his audience? Why? How does it relate to Point #2?
- What does this highlight about the root cause of anxiety? How can a "I don't know tomorrow" attitude help?
- In what way will Point #2 take practice? (i.e., renewing your mind) How can you start practicing today?

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 6:25-31

- Why were the people during the time of Jesus struggling with anxiety? How did Jesus respond?
- In what way does the counsel of Jesus relate to dealing with anxiety today? (i.e., choice and refocus)
- As you review last week's scriptures, what specific truth speaks to you? How can you step into this today?

TUESDAY // Read Matthew 6:31-33, 28:19-20, Ephesians 4:22-24

- Why do Christians have an advantage over non-Christians when it comes to dealing with anxiety?
- What did Jesus mean by seeking the "righteousness" of God? Why will this help battle anxiety? Be specific.
- Why will a passive approach make anxiety worse? How does this encourage you to take action today?

WEDNESDAY // Read Matthew 6:33, Philippians 4:6, Proverbs 12:15, Psalm 1:1

- What does Jesus promise to those who seek God first when struggling with anxiety? Be specific.
- Explain how prayer, godly counsel, and reading God's word relate to seeking God first?
- In what way are you struggling with anxiety today? How can you implement seeking God first?

THURSDAY // Read Matthew 6:34, 6:11, Lamentations 3:22-23

- In what way will anxiety always include a future focus? How did Jesus highlight this truth? Be specific.
- What do you know to be true about tomorrow when it comes to God's word and anxious thinking?
- How will living one day at a time help? How can you put this into practice right now? Be specific.

FRIDAY // Read Matthew 6:34, Romans 12:2, Ephesians 4:23, Colossians 3:9-10

- In what way do life-long thinking patterns and habits relate to anxiety? Why is this important to recognize?
- As a Christian, how will renewing your mind to godly thinking also impact anxiety? Why will this take practice?
- How does this also help you be patient with yourself? How can you start practicing today? Be specific.

SATURDAY // Read Matthew 6:34, James 4:13-17, Luke 12:16-21

- In what way are today's scriptures counter-cultural? How can planning for the future be spiritually harmful?
- How can it also be mentally harmful for those who struggle with anxiety? What is the solution? Be specific.
- How can an "I don't know about tomorrow" mindset help? How does this adjust you to live in the moment today?

MEDITATION VERSE: *"Anxiety doesn't empty tomorrow of its sorrows, but it does empty today of its strength."*
Charles Spurgeon