

# NOTES

## HOW TO HANDLE ANXIETY

CLAYTON KEENON | JULY 15 & 16, 2023

MATTHEW 6:25-34

You are \_\_\_\_\_.

Worry \_\_\_\_\_.

God is \_\_\_\_\_.

\_\_\_\_\_ is the goal.

## DISCUSSION QUESTIONS

FOR FAMILY, FRIENDS & GROUPS

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1. What kind of music do you like to listen to when you are stressed out?
2. What area of your life generates the most worry or anxiety?
3. Read Matthew 6:25-34. Give everyone time to either mark on their passage or jot down on a paper their observations. Look for repeating words/ideas, truths about God, and significant/striking details.
4. Have each person share at least one observation and what they think about it.
5. Why is it significant that Jesus refers to God as “your heavenly Father” in verse 26 and 32? Why do you think he used that title for God, rather than another one?
6. Matthew 6:26 talks about our value to God. What prevents people from feeling like God cares about them? Why does that feed into worry?
7. Do you find it easy or difficult to be honest about your real needs when praying to God? Why? According to Matthew 6:27, worry isn’t very practical. Why do we do it? Why is it hard to not worry?
8. As a group, think of as many things as you can that thank God for providing that are outside your control.
9. In this passage, Jesus directs us to look at nature (birds, flowers) to help us learn to not worry. How does seeing God’s creation help reduce anxiety?
10. What does it mean to “seek first his kingdom and his righteousness” in Matthew 6:33? Practically what does that look like for you?
11. When Jesus says, “all these things will be given to you as well” (Matthew 6:33), what things is he talking about? Where have you seen this happen in your own life?

PRAYER PROMPT: Pick one of the prayer activities Clayton described in his sermon and try one out together as a group.