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NEVER
READ^A
BIBLE
VERSE*

Do not be anxious about anything.
Philippians 4:6

Fourteen: Don't Be Anxious

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*Without Context.

TODAY'S VERSES:

- Philippians 4:6
- Matthew 6:25-33
- Hebrews 13:5-6
- Mark 4:37-39
- Psalms 55:4-6
- 2 Timothy 1:7
- 1 John 4:18
- Deuteronomy 20:8
- Philippians 4:7

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RECAP & DISCUSSION STARTERS:

Anxiety is real and can have a myriad of causes; if you struggle with it, please understand that you are not alone. The Greek word for anxious in Philippians 4:6 literally means to “have cares”; it has the connotation of letting your thoughts be overly focused on one thing. A lot of the advice in our world regarding anxiety is unhelpful, but Scripture offers much wisdom in how a healthy view of God can help us alleviate our own anxieties and worries. Rather than turning our gaze inward, our focus should be on God. In Matthew 6 (the Sermon on the Mount), Jesus teaches us a few lessons:

- 1) **Anxiousness can come from a lack of faith**—while our salvation is secured by trusting Jesus, our practical unbelief can contribute to worry.
- 2) **Anxiousness can come from a confused priority**—Jesus reminds us that all the things we need to exist will be given to us.
- 3) **Anxiousness can come from a lack of focus**—If you are constantly thinking about tomorrow, you will fail to live today as God intends you to....for His glory.

Let Jesus’ words about His care for us remind you of God’s grace and nearness, that He is greater than our fear, anxiety, or worry. Even in our worry, our identity is secure in Him.

Discussion Starters—

- In what ways have you, or do you, struggle with anxiety?
- How have others responded to you in your anxiety? Have you experienced shame as a result?
- How can anxiousness reflect a confused priority? Explain.
- Do you tend to focus on Gospel Past, Future, or Present?
- How is God calling you to put more of your care into His hands?
- How is it possible to have freedom and security in Christ even in the midst of anxiety?
- How can prayer help us turn our concerns over to God when we are anxious/worried?

ASK US: *What questions do you have that you want to ask us about the topic/verses covered?*