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Read Luke 10:40, Luke 8:14, Ephesians 4:6. Repeatedly, Jesus says “do not be anxious”. It is a command; an exhortation to action. Only anxious feelings can be common and this command can challenge us. How well would you say you handle anxiety? How might other people describe their experience of you when anxiety shows up in your life?

Read Matthew 6:19-34. Jesus talks about 2 treasures (earthly vs heavenly), 2 eye or heart conditions (light vs dark) and 2 masters (God vs. mammon, ie: materialism, greed, etc). Our choice affects our perspectives and alters our responses. We can misunderstand the nature of life, the value of our life, the control of our life, the God of our life and it can lead us to anxiety. Do any of these misunderstandings show up in your heart and mind?

In our human nature we can encounter age old battles but God invites us to walk by faith, not by sight, to live by the Spirit, not by the flesh and to integrate our new life in the kingdom of heaven and Christ, not revert to old patterns. Share examples from your life of your old nature showing up and what you do to overcome these challenges.

Read Matthew 6:33. Anxiety can cause us to be focused inward, however Jesus challenges us to be kingdom focused. One way we can live & not be anxious is to choose to pursue our Heavenly Father, prioritizing Him above all else. Are there areas of your life that you sense you haven't given God highest priority? Share examples as you feel comfortable.

May 17th, 2020  
Don't Be Anxious



Jesus says

Another way we can live & not be anxious is we choose to be trained by Jesus, integrating our whole self in His kingdom life as well as choose to be re-trained by the Spirit, changing the automatic response of our old self. What intentional practices can you incorporate to grow deeper in faith and trust in Jesus?

Read Philippians 4:6, 1 Peter 5:8. The last way we can live & not be anxious is we choose to trust God through prayer, believing He will care for our every need. Worry changes nothing, prayer changes everything. What is your struggle today? Spend time in prayer for each other.