



Message Discussion Guide Week of March 19, 2023

Message: 18 Minutes, Part 4: The Antidote for Anxiety

Key Scripture: [Matthew 6:25-34](#)

Preacher: Tom Parkinson

Message Highlights:

Anxiety is the distress we feel in the face of danger, fear, and uncertainty. Worry is when we give into our anxiety and allow our minds to dwell on difficulty and troubles.

- The source of worry is almost always out of our control. We feel powerless and doomed to an outcome we cannot change.
- Worry leads to lack of sleep, elevated blood pressure, migraines, and can lead to even more severe health conditions.

Jesus knew that his first disciples were worried. They left everything to follow him and didn't know where their next meal would come from, or how they would provide for their families.

- Jesus didn't chastise them for being worried. He showed compassion.
- Jesus sees our worries and understands them. He also wants to lead us out of worry and into a better life.

The word Jesus used for worry is a Greek compound word combining "divided" with "mind." Jesus knows that worry happens when our minds are divided between wanting the kingdom of heaven while also still wanting the things of this world.

- When our possessions are our treasure, our possessions become the source of worry.
- We often try to find comfort and security in the things we can acquire in this world, but worldly things only add to our worries.

Jesus teaches us to do four things in response to our worries:

1. Trust in God's provision.
2. Accept our limitations.
3. Re-sett our priorities by seeking first God's Kingdom.
4. Live in the present moment.

I surrender my worries to God because I know that God sees what I can't see, knows what I can't know, and can handle what I cannot handle.

Discussion Questions:

1. Do you consider yourself a worry wart? What are the main causes of your worry? How do you overcome them?
2. Jesus identified material possessions as a primary cause of our worries:
 - In what ways do worldly possessions cause you stress and anxiety?
 - What is the difference between having possessions and treasuring them?
 - What do the things you worry about say about the treasure of your heart?
3. [Read Matthew 6:25-34](#)
 - What do you hear in these words that brings you comfort? What inspires you? What challenges you?
 - What does it mean to “seek first” God’s kingdom? How can you practically do that?
 - Why are we so prone to worry about tomorrow? How does worrying about tomorrow impact your ability to live well today?
4. Read [Romans 8:28](#). How can this verse help you respond to your worries?
5. What is your primary takeaway from this message?

Abundant Life Tip: Worry is a part of human life. When we worry, we can surrender our worries to God, trusting that God sees what we cannot see, knows what we cannot know, and can handle what we cannot handle. God is in control and is working all things for our good.