



The Sermon on the Mount-Matthew 6:25-34/Anxiety

...do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on-Jesus

- Have you identified any root issues this week that contribute most to your anxiety?
- What do you treasure most? Where do you go for comfort, satisfaction, and peace? Do these things contribute to your anxiety and worry?
- Abundant life is lived out in believing God that he will keep his promises. How can you consciously place your faith in one of God's promises this week to battle your anxiety and fear? What is that promise?
- How can the complexities of our eco-system, from birds to flowers, give you faith that God knows, is powerful enough, and will supply all your needs? What is one fact about our earth that blows your mind? How can this fact build your faith?
- Anxiety is a direct attack on your faith. What steps can you take to turn your anxieties, fears, and worries into intimacy with God? How do these struggles develop intimacy?
- If your life read like a newspaper headline, what would it say? What does Jesus say about his power within you (the Holy Spirit) to your headline?

Seek first the kingdom of God and his righteousness, and all of these things will be added to you-Jesus