



VERBATIM: Anxiety

Matthew 6:25-34

Read Matthew 6:25-34 together:

“Therefore I tell you, 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. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add a single hour to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you. Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.”

Brethren, a want of familiarity with the Word of God is very often the seed-plot of our doubts! Half our fears arise from neglect of the Bible. Our spirits sink for want of the heavenly food stored up in the inspired Volume.

- Charles Spurgeon

Terminal Fears:

Something threatens your existence – terror, panic, fear, or horror.

- ? Is it ever okay to feel fear? Why or why not?
- ? Read Proverbs 9:10. What kind of fear is addressed here? What happens to your spiritual life when this fear is missing?
- ? Read Matthew 10:28-33. Why are we called to fear?
- ? How do you tell the difference between healthy fear and fear that is sinful?
- ? What decision changes the way we fear and why?
- ? Read John 5:24. How does this verse change our perspective of fear?
- ? Read Romans 8:38-39. If we truly believe these verses, why is it that we are still afraid of our future?

Troublesome Fears:

Worry, apprehension, or anxiety

- ? Ninety-two percent of worry is worthless. So, why does worry still consume us?
- ? How do we quell troublesome fears?
- ? Read John 16:33. What kind of peace is Jesus speaking about here? Why do we miss it?
- ? Is it wrong to worry about losing a child, a spouse, a job, or other people and things that are important to us? Why or why not?
- ? How does worry help us define idols in our lives?
- ? Read Psalm 27 and Psalm 34. Why is Scripture sometimes not enough to stop worry? Is it because we struggle to believe it? Why or why not?
- ? Read Psalm 37:8. How can worry lead to evil?

Triggered Fears:

Phobias and irrational fears

- ? Why is fear marketed to us daily?
- ? Read Psalm 23. How should the Psalms be a comfort in times of triggered fears? Why does it sometimes leave us hollow in failing to squelch the fear?
- ? Read Philippians 4:6-7. What is the peace of God? How does this peace guard your heart?
- ? If I am being led by an irrational fear, does this mean that I do not have the peace of God? Why or why not?
- ? How can we be deceived into resting upon a false peace? How can we tell the difference between a false and true peace?