

SEVERE ANXIETY

PART 2: WORRY NOT

INTRODUCTION

Over 40 million people in America struggle with anxiety due to fear, worry, and stress. Jesus teaches us how to confront the spiritual part of this battle against anxiety with two commands: “Fear not” and “Do not worry.” These seem like impossible commands, but what seems impossible becomes possible when you look at it through the lens of the resurrection of Jesus Christ.

DISCUSSION QUESTIONS

1. Read Matthew 6:25. Notice the word “will.” Jesus is making the point that worry is about the future. What future things do you worry about? Or as Pastor Will put it, what troubles from tomorrow are you dragging into today?
2. What’s the difference between **planning for** the future and **worrying about** the future?
3. What would be different in your life if you could live without worry?
4. Pastor Will taught that any time we begin to worry about tomorrow, we should look for a way to participate in what God is doing today. What are some ways you can be intentional about participating in what God is doing around you today?
5. Read Philippians 4:8-9. What are some practical ways you can begin to replace worry and the anxiety that comes with worry with things that are true?
6. What in your life right now will keep you from fighting the spiritual battle against worry?
7. How can we help?

MOVING FORWARD

Your life is more than what you worry about. This is why Jesus says, “Can any of you by worrying add a single hour to your life?” You weren’t created to carry the weight of worrying about tomorrow. Remember, your heavenly Father is with you today and He will be waiting for you tomorrow. For more verses to remind yourself of truths from God’s Word download the “Sever Anxiety Verses” at: brazosfellowship.com/watch