

## "Anxious Thoughts"

### Opening Announcements

### Opening Prayer

Q: What makes you anxious, worried or afraid?

Q: Do you believe there is MORE or LESS of this kind of anxiety/worry/fear around us? Why do you think that is?

Q:

READ: Psalm 39:23-24 "Search me, O God, and know my heart! Try me and know my thoughts! <sup>24</sup> And see if there be any grievous way in me, and lead me in the way everlasting! "

Q: What is David's prayer at the end of this amazing psalm?

Q: In the Hebrew, the word translated "thoughts" has a sense of "disquieted thoughts"...or "anxious thoughts". What does anxiety do to us emotionally, physically, relationally?

Q: In this prayer, how does this help with anxiety?

READ: Luke 10:38-41 "Now as they went on their way, Jesus entered a village. And a woman named Martha welcomed him into her house. <sup>39</sup> And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. <sup>40</sup> But Martha was distracted with much serving. And she went up to him and said, "Lord, do you not care that my sister has left me to serve alone? Tell her then to help me." <sup>41</sup> But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things, <sup>42</sup> but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her."

Q: What was Martha's problem?

Q: What was Jesus' solution?

**READ: Luke 12:22-31** "And he said to his disciples, "Therefore I tell you, do not be anxious about your life, what you will eat, nor about your body, what you will put on. <sup>23</sup> For life is more than food, and the body more than clothing. <sup>24</sup> Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds

them. Of how much more value are you than the birds! <sup>25</sup> And which of you by being anxious can add a single hour to his span of life? <sup>26</sup> If then you are not able to do as small a thing as that, why are you anxious about the rest? <sup>27</sup> Consider the lilies, 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. <sup>28</sup> But if God so clothes the grass, which is alive in the field today, and tomorrow is thrown into the oven, how much more will he clothe you, O you of little faith! <sup>29</sup> And do not seek what you are to eat and what you are to drink, nor be worried. <sup>30</sup> For all the nations of the world seek after these things, and your Father knows that you need them. <sup>31</sup> Instead, seek his kingdom, and these things will be added to you."

Q: Why does Jesus want us "free" from anxiety?

Q: What is His promise for us in this passage?

Q: How have you seen God be faithful to His promise?

Q: According to verse 31, what does Jesus tell us to focus on?

**READ: Luke 12:32-34** "Fear not, little flock, for it is your Father's good pleasure to give you the kingdom. <sup>33</sup> Sell your possessions, and give to the needy. Provide yourselves with moneybags that do not grow old, with a treasure in the heavens that does not fail, where no thief approaches and no moth destroys. <sup>34</sup> For where your treasure is, there will your heart be also."

Q: Jesus then follows up the passage above with this passage! What does this indicate about "you Father"?

Q: Why is "selling your possessions" connected with "fear not"? What might the way we give indicate how we think about "stuff"?

Q: What is the promise in verse 33?

Q: What does verse 34 teach us?

Q: Why did Jesus say... it is "better to give than receive"? (Acts 20:35)

**DON'T FORGET:**

- Wednesday Evening Lent Services @ 6pm in person and on-line!
- Daily Bible Reading Plan AND Facebook Group!