

Dave Gustavsen – Lent 2016: 180 - FROM ANXIETY TO PEACE Matthew 6:25-34
Sermon Based Questions – February 21, 2016

Introduction:

1. How quick are you to want to buy the latest model of something?
2. How do you react when you have switched from planning for the future to worrying about the future?

Understanding:

3. In Matthew 6:27 Jesus asks whether worry add a single hour to your life. Pastor Dave mentioned that the word used for worry can also mean concern. Read 1 Corinthians 12:21-26 about the church as the body of Christ and Philippians 2:19-20 about Timothy's work. What light do 1 Corinthians 12:25 and Philippians 2:20 shed on the difference between worry and concern (or care)? And how is understanding this difference helpful for you?
4. Read Matthew 8:23-27. Is Jesus accusing the disciples of having no faith? What is the effect of what he is saying on the disciples? How should that encourage you?
5. Pastor Dave said "If you spend your time worrying, don't you realize you're living like an atheist?" Which part of today's scripture deals with that? When are you most tempted to live like an atheist? What is the remedy?
6. A major theme from today's sermon is "Your heavenly Father knows what you need". How do you distinguish between your needs and your wants? When is the difference between them the fuzziest for you? How can you make the difference between a need and a want clearer for yourself?
7. Some Bible versions translate Psalm 23:1 as "The Lord is my shepherd I shall not want" and others as "The Lord is my shepherd I shall not lack". Which translation do you prefer? Why?
8. Read Psalm 94:18-19. When is anxiety most likely to make you feel that your foot is slipping? What is the wonderful fruit of God's consolation? How does it happen?
9. Read James 4:12-14. How do these verses connect to worry? What do they say about the stuff we accumulate? In what way do these verses remind you of Ecclesiastes? What is the antidote for the seeming negativity here?
10. If you have any doubts that God will take care of your needs, the very best thing for you to do is to look at the cross. Read Romans 8:32. Does "all things" include mass quantities of luxury goods? How does the cross clarify what "all things" really means?

Application:

11. After Jesus asks "Is not life more than food, and the body more than clothes?" He says in verse 33: "But seek first his kingdom and his righteousness, and all these things will be given to you as well." Can you sense an area of ministry to which you'd be more devoted given the absence of worry? Seek the Lord for what this would look like as He moves you from anxiety to peace.
12. Read Philippians 4:6-7. Note the crucial role of prayer in dealing with anxiety. Take this to heart! This week practice taking your specific anxieties to the throne of the Lord in prayer and then experiencing His peace.