



SMALL GROUPS | CURRICULUM

SERMON TITLE	DATE
Title: Three Ways to Breakthrough Anxiety	April 3, 2016

Tools: pen, pencils, your notes from the sermon

Matthew 6:25–34

Context of this passage includes what comes before and after the passage being studied but it also includes what is being repeated.

Read: Matthew 6:25–34, underline the six references to anxious.

Make a list of all that you learn from the text about the key word anxious.
What makes you anxious?

Mark: the three questions Jesus asks, circling the question marks in verses 25,26,27. Pastor Kevin defined anxious as having a ‘divided mind.’
How is the anxious person’s mind divided?

Read: James 1:5-8.

What are the consequences of having a divided mind or being double minded?
How do you see this in your life in your current situation?

Pastor Kevin gave us three reasons why we do not need to be anxious about anything:

Way#1 Don’t Be Anxious; God Has a Plan verse 25 – 30

- a. If your life is not about being anxious about food drink clothing and your body what is it about?
- b. When anxious, we need perspective, (your mind’s view of your prospects).

Read: Isaiah 43:7, 1Corinthians 10:31

What is your purpose?

Read: Romans 8:22– 39

Why are you more important to God then anything else?

Read: Matthew 6: 27

What can you change by being anxious? Who can change things?

Read: Matthew 6: 28 – 30

What does being anxious indicate in the life of a believer?
Do I believe that God will take care of me?
If so how does that show in my everyday life?
Anxiety is therefore evidence of a mind distracted from whom?

Way# 2 Don't Be Anxious: God Knows What We Need.

Read: Matthew 6: 7-8

- a. Why should we not be anxious?
- b. What is the remedy for anxiety according to verse 33?

Read: Luke 12:4 – 5

Who is to have priority in our lives?
What difference does it make in our lives if we truly believe God is sovereign over all our needs?
Who is on the throne of your life and how do you know?

Way #3 Don't Be Anxious God Has Your Tomorrow

Notice: The repetition of the word “will” in v.25-34, and its synonym “shall” in verse 31.

- a. Who provides for us and knows what we need?

Read: Matthew 6:11,34

Does Jesus tell us to pray for tomorrow's provision?
How many of us try to fix tomorrow's problems with today's provision? Who will provide for you tomorrow?
How do you show that you trust God for your tomorrows?

MEMORY VERSE:

Philippians 4:6 –7 or Matthew 6:33

Accountability Men/Women:

1. How can we have a life that brings God glory and us joy in our current circumstances? Be specific about the changes that need to take place in your life.
2. God has a plan. What if you do not like His plan? What then?
3. Why do you believe God can breakthrough your situation?
4. How does this knowledge affect the way you live today?

