Let's Talk About: Anxiety

What does the word "anxiety" mean?

Many of us say that we are anxious. We feel anxiety about things, however, have you ever questioned what it means to be anxious?

The definition is "*a state of uneasiness and apprehension as about future uncertainties*." What things about your future are you anxious about?

Security for the Future

Over the past month, you had lessons on the assurances of God about your future. What kind of promises does God guarantee related to your future?

Do you believe that these promises are guaranteed? If you do, then what are you anxious about?

Jesus wanted to assure His followers that they would always be cared for. Read Matthew 6:25-33. Explain what Jesus told His followers.

It is clear that His disciples were anxious. They were worried about what would happen to them. Would they have food and clothing? Would they have a place to stay? These were not trivial things to be concerned about. We all want to be fed and feel safe. What was the promise that Jesus gave to them?

Jesus wants us to be aware that He values us above every other animal on the earth. We are made in God's image. Do you think that makes us more special to God?

If you are special to God, can you be sure that God will always care for and provide for you?

What did Jesus say in Matthew 6:33?

If you are focused on God and His righteousness, do you believe that God will provide everything that you need?

Give It to God

It is clear that God wants us to trust in Him. He also wants us to set aside our anxiety. Read Philippians 4:6-7. What does Paul tell us to do?

We are told to not be anxious. However, God is not insensitive. He does not expect us to simply stop being anxious. Instead, He wants us to give our anxiety to Him. Read 1 Peter 5:6-7. What does Peter tell us to do with our anxiety?

What is the promise that God gives you when you give your anxiety to Him?

This is one of several places in the New Testament where we are told to give our anxiety to God. What do you think that means? How can you give your anxiety to God?

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This is a good question to ask yourself. If you are commanded by God to give your anxiety to Him, what should that look like?

Can You Cast?

Peter tells us to "cast" our anxieties on Him. To cast means to throw them off of you and onto God. You are casting your cares off of you and onto God. How can you "cast" your cares onto God?

Like any problem, the place to begin is with prayer. Go before God and share your anxieties with Him. It is likely that there are some people you feel comfortable sharing your anxieties with. God should be at the top of that list. Besides God, who are people you can be honest with about your anxieties and concerns?

Also, address why you are anxious. There may be legitimate reasons for you to be anxious. If you are going to court or received a large fine from the state, that is a good reason to be anxious. Go to God and talk with Him about these types of things.

What Does God Do?

We are often told to give things to God or to ask Him to act, the difficult part is that many of us don't really know what God will do with those things. So, what do you think God does with your anxieties?

Read Psalm 55:22. What does it tell us God does during our times of anxiousness?

God sustains you. He understands that you are going to be fearful, nervous. He is there to sustain you, to maintain you through the challenge. Now read Hebrews 13:6. What is the role of God during your anxieties?

He is there to be a Helper, specifically in the form of the Holy Spirit. The Holy Spirit is described as our Comforter. He is there to comfort us during our anxious times. Are you inviting the Holy Spirit to help you during your times of anxiety?

What Is There to Be Anxious about?

Let's be honest about one thing. If you believe in the promises of God, then you have very little to be anxious about. Your eternal resting place is set. God has provided you with peace, strength, and wisdom which can help and lead you through anything.

Our worries are often related to the things we can't control. This is part of trusting God. God promised that He would never leave us nor forsake us (Deuteronomy 31:6, 8). He is always there for us. He is our Helper. Do you know God is there for you?

What things have you feeling anxious and how can God help you to overcome them? Stop and pray in your group about those things.

Your Memory Verse: 1 Peter 5:6-7 – **6 Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, 7 casting all your anxieties on him, because he cares for you.**

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