



LIVING BEYOND ANXIETY

Matthew 6:25-34
May 22nd, 2022

How does the Gospel view of life affect our view of mental health?

1. Mental Health struggles don't define me.
2. Mental Health struggles don't take me off guard.
3. Mental Health struggles strengthen my relationship with Christ.

According to the Anxiety & Depression Association of America...*Anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults in the United States age 18 and older, or 18.1% of the population every year.*

As a group discuss the challenges and struggles of anxiety you have experienced or are experiencing. How have you grown and worked through anxiety?

READ THE WORD

Matthew 6:25-34

STUDY THE WORD

1. What does it mean to be mean to be anxious?

Anxious = [mer-im-nah'-o] *"to be divided, distracted."* Grammatically, it is in the imperative, it's not a suggestion, but a command, do not be anxious.

2. Jesus uses three examples to explain how God provides. Read the Bible passages and make observations and applications.

The example of food and life – Matthew 6:26-27

The example of clothing – Matthew 6:28

The example of unbelievers [Gentiles/Nations] – Matthew 6:31-32

3. *"Oh, you of little faith"* is a favorite expression of Jesus to his disciples in Matthew 6:30. How would you define the statement "little faith"?

4. What does "seek first the kingdom of God and His righteousness" mean in the context of Matthew 6:25-34?

5. How would you define what it means to put God first? What would that look like in your life? How is that looking like in your life?

SHARE THE WORD

God is aware of our lives, our struggles, and our accomplishments. Read Philippians 4:6-7 and discuss God's encouragement in times of anxiety.

How does this statement encourage you? *"The answer to anxiety is not a trouble free-life, but a relationship with the God who controls time and events."*

Read the following verses...in what way do they encourage you?

ISAIAH 26:3-4 - You will keep the mind that is dependent on you in perfect peace. Trust in the Lord forever, for the Lord God is an everlasting rock!

I PETER 5:6 - Casting all your cares on Him because he cares for you!

PRAY THE WORD

Adoration – Give God praise for His encouragement

Confession – Confess an area of anxiety

Thanksgiving – Thank God for his patience and presence

Supplication – Specific prayer for someone you know who is overwhelmed with anxiety.