

Lesson Aim: To guard our heart and focus on developing a heart that cultivates trust in God and His Word in response to the anxieties of life.



connecting

Prayer: Start your time together by asking the Holy Spirit to lead your discussion.

Icebreaker: When you were a teenager (or maybe you still are!) what did (or do) your parents think of your choice of clothes?

1. Take a look at the ANXIETY SCALE: HOW WORRIED IS YOUR HEART? section of your notes from Sunday's message. What is your answer on a scale of 0 to 10? 2 or 3 of you share in response to this question: What is happening in your life that caused you to answer the way you did?
2. **READ Matthew 6:19-34.** How does your choice of treasure, master and perception (vs. 19-24) affect your attitude toward life (vs. 25-27)?
3. 2 or 3 of you (different than those who answered question 1 if possible) answer this question: Considering this past week, who has been your master lately? Why?
4. What does God's care for the birds and lilies teach you? How has God been doing in providing for you in the areas of food, clothing and shelter recently?



growing

5. **READ Esther 4:6-17.** Esther was in a situation of tremendous stress that could have created overwhelming anxiety. The lives of her people the Israelites were in her hands, and to help them she had to risk her life. What was Esther's first reaction to Mordecai's request that she go into the king's presence and beg for mercy for her people? How did Mordecai hold her accountable?
6. When we are under stress and feeling anxious, how can having someone who is strong enough to hold us accountable help us complete a task? How can it help us spiritually during difficult times?
7. Esther asked the Jews to fast (and, presumably, pray) for her as she faced her anxiety and risked her life on behalf of her people. Why is it important to ask others to pray for us when we're under stress and feeling anxious? How has prayer helped you during anxious times?



sewing

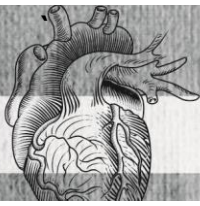
8. **Read Philippians 4:10-13.** Paul wrote this letter while in prison for sharing his faith in Jesus with others; it would be understandable if he was full of anxiety! Yet he speaks from a place of humble confidence in Christ. What outside force is most likely to upset your contentment?
9. Since God does not always promise to change negative outside forces, what can He change *in you* so that contentment is possible?



reaching

10. What is one thing you can do *this week* to seek first God's kingdom and righteousness?

Close in prayer as the Lord leads you.



Heart

ANXIOUS HEART

Scott Hansen, Lead Pastor
March 11, 2012

ANXIOUS HEART

ANXIETY SCALE: HOW WORRIED IS YOUR HEART TODAY?

No Worries

Extremely Worried

0 1 2 3 4 5 6 7 8 9 10

A WORD FROM MR. WORRY WART

ANXIETY DEFINED

- ▶ Anxiety = A feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.
- ▶ Anxiety can create feelings of fear and dread.

A BETTER WAY TO LIVE (Matthew 6:25-34)

- ▶ A Gentle Command: Don't live in worry-land. (vv.25, 31, 34)
 - ❶ Worrying is not productive. (v.25)
 - ❷ Worrying adds no quality or quantity to your life. (v.27)
 - ❸ Worrying demonstrates a lack of faith in God. (v.31)
 - ❹ Worrying leads to the wrong obsession. (vv.30,32)
- ▶ Two Illustrations About Loving Provision (vv.26-30)
 - ❶ Look up at the birds
 - ❷ Look down at the flowers

PICK YOUR OBSESSION CAREFULLY

- ▶ *Seek first his kingdom and his righteousness...* (v.33)

REMEMBER THE PROMISE

- ▶ *... And all these things will be given to you as well.* (v.33)