

Message Study Guide

(Scriptures & quotes from this week's message are available on thorncreek.church/live)

Warming up

1. With fall and winter just around the corner we are losing daylight, what do you think about losing sunlight?

Digging Deeper & Application

Take your time reading the scripture given. If possible look up the verses in different versions and pause at each verse and discuss it.

2. Look up the definition for anxiety? What does it say?
3. Anybody worried about anything?
 - a. Does anybody have anxiety?
 - b. Are you more worried during the pandemic than before the pandemic? Why?
 - c. Feel free to share with your group!
4. Can you think of anyone in the bible that had anxiety about a situation? See if you could find the story!
5. King David knew anxiety. Please read Psalm 94:19; and 56:3.
 - a. Compare with Proverbs 12:25.
6. Please read the story of Mary and Martha in Luke 10:38-42. Can you blame Martha for wanting to get the house ready?
 - a. Don't be too hard on Martha! What point was Jesus making?
 - b. How can we be a Martha...or Mary?
7. Please read Matthew 25-34. What is the main message Jesus is pointing out in this passage?
8. What do the words, "take no thought" mean in this passage?
 - a. How are our thoughts a factor in our anxiety?
 - b. Should there be a difference in the thought life of a believer and an unbeliever? Explain.
9. What are your thoughts about this quote? "Worry, in essence, is the sin of distrusting the promises and the power of God." - Craig Groeschel
10. What does Philippians 4:6-8 mean to you?
 - a. What are we to do with our worry or anxious thoughts?

- b. What is God's promise?
11. According to 1 Peter 5:6-8, what's our part and what's God's part?
- a. Who is our enemy in this passage and what is the battleground?

Application

Below are some of the points or quotes shared in the message.
Discuss how they apply to your life.

- Anxiety Definition: a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.
 - Worry, fear, and anxiety are roommates.
 - Worrying is a complete waste of time and energy.
 - Worrying is so powerful it can actually affect your physical well-being.
 - 25 "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Isn't life more than food, and the body more than clothes? Matthew 6:25 (NIV)
 - The battleground of anxiety is in your mind.
 - The thoughts you entertain.
 - The thoughts you contemplate.
 - The thoughts you mull around.
 - These thoughts have incredible potential.
 - We do not trust God when we worry.
 - Jesus said, "Do not worry"
 - God loves you.
 - "Worry, in essence, is the sin of distrusting the promises and the power of God."
- Craig Groeschel
- You have the power to choose what you're going to think about.
 - "Instead of going to war with anxiety or running from it, sit with it when it comes. Calmly consider what might have triggered it." - T.D. Jakes
 - 6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7 (NIV)
 - Your ability to not let anxious thoughts dominate your mind is completely connected to your relationship with God through prayer.