

How to combat anxieties

Our hearts have room only for one all-embracing devotion, and we can only cleave to one Lord. Dietrich Bonhoeffer.

During our 30 days of prayer, all life groups are encouraged to set aside time for prayer.

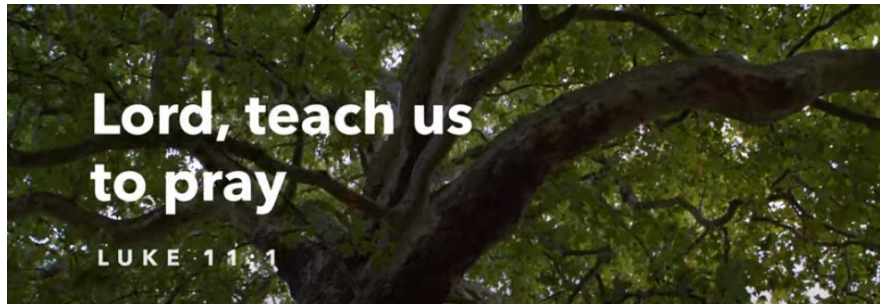
If you are able and know how to use the technology, show the YouTube video (the first 11.25 minutes)

https://www.youtube.com/watch?v=bp_fXBxlwIQ

How would you express “You will be done” in your story?

Write down on a piece of paper what this would look like. There is no need to share that in your group.

This is for you to keep and pray about for the rest of the week



This week's study

Anxiety is a growing reality, particularly among the younger generation. Some 70% of teens across all genders, races and family-income levels say that anxiety and depression are significant problems among their peers, according to the Pew Research Center (USA). Members of Generation Z — individuals born between 1997 and 2012 — are growing up in an age of increased stress and anxiety: pandemic, global warming, pressures of school, the bleak prospects of economics, constant negative news, the pressures of social media, etc.

Read Matthew 6. 25-34

Jesus gives a very clear command in verse 25: don't be anxious. Jesus repeats this three times in this passage.

- Why should we not worry according to Jesus? Any other helpful reasons?
- What negative impact do worries have on our mental health and our bodies?
- How have you experienced God's care and provision in your life? Do you have a practical example, an answer to prayer?

Read the following quote from Corrie ten Boom, the author of the “Hiding Place” who survived the concentration camp.

- How is this quote helpful for you ?



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John Stott, an English Anglican preacher and theologian said bluntly. “To become preoccupied with material things in such a way that they engross our attention, absorb our energy and burden us with anxiety is incompatible with both Christian faith and common sense. It is distrustful of our heavenly Father and it is frankly stupid.”

- How does it illustrate what Jesus says in verse 32?

Instead of worrying, we are called to “seek first his kingdom and his righteousness” and as we do we are promised that “all these things will be given to you as well.” This is about learning to live in God’s reality, with God’s priorities and to have lives that manifest his intentions and purposes

The translation “The Message” puts it like this

“Steep your life in God-reality, God-initiative, God-provisions. Don’t worry about missing out. You’ll find all your everyday human concerns will be met.”

- How do you live “God’s reality, God’s initiative and God’s provisions” in your daily life?

Action

During the week keep praying about what you wrote on your piece of paper. Since His will is that you live in God’s reality, God’s initiative and God’s provisions add your experiences of God’s presence, guidance and provision.

Prayer

Thank you Jesus that your words are truth and life. I want the reality of Heaven to be expressed a little bit more through me this week. Help me to be attentive to your reality, your initiatives and your provisions. I fix my eye on you Jesus, the author and perfecter of my faith.