

en·gage

to involve oneself or become occupied; participate: *engage in conversation*

SUNDAY, NOVEMBER 1, 2009

"ENEMY OF THE STATE OF MIND" PART 1 OF 4

ENEMY of the State of Mind

SERMON TITLE: "Anxiousness"

MAIN POINT/PASSAGE

- ▶ *Anxiety is an alarm that calls you to pray.*
- ▶ Matthew 6:25-34

SERMON REVIEW

- ▶ What insight, principle, or observation from Sunday did you find to be the most helpful, eye-opening, or troubling? Explain.

DISCUSSION QUESTIONS

- ▶ Which of these cause the most anxiety? Are there others?
 - Account is overdrawn, gained weight, child is sent to the principle, your mother-in-law?
- ▶ What passages do you lean on when you are anxious?
- ▶ How do you deal with anxiety?
- ▶ Is it difficult or easy to apply the Matthew 6 passage in times of anxiety?
- ▶ What is at the root of anxiety?
- ▶ Explain how the following applies to your life:
 - "The people of Jesus' day would have understood it to mean living by a higher authority versus living by my own standards that I create."

DIGGING DEEPER (Questions in this section are from the Serendipity Bible for Groups)

- ▶ Read Luke 12:25-34
- ▶ How does the section relate to the preceding parable about riches?
- ▶ What does Jesus tell the disciples not to do? Why?
- ▶ What does Jesus urge them to do instead? Why? What will result?
- ▶ What does Jesus teach here about seeking the kingdom?
- ▶ What does selling possessions have to do with not worrying?

APPLICATION

- ▶ What is the #1 thing that brings worry to your life right now?
- ▶ Based on what you have heard, read, and discussed what do you need to do about it?
- ▶ What areas of your life do you need to focus on instead of what brings you anxiety?
- ▶ How can your life group help or pray for you?

Personal Prayers

1. Start your small group time off with prayer.
2. Ask for personal prayer request. In other words, have group members share request about them, not friends or family members.
3. Do the same for praises.

Impact List

Have 2-3 people share about people from their impact list.

1. What is the next step in their friendship with that person?
2. How can your small group pray for them?

Close to God

1. Have 2-3 people share what is happening in their "Close to God" time.
2. How have they grown closer to God?
3. How can your small group pray for them?

