



June 7 – Anxiety

Anxiety is powerful. Anxiety is real. It can usurp our plans, our joy and our peace. It can cause actual physical symptoms, and out of control - it can even be life damaging. AND...anxiety can also support us in meeting deadlines, pushing through challenging times and it can even invite us into a time of prayer. Really? Yes! Join us this weekend as we acknowledge we all face anxiety and there is a God who is there with us!

Scripture:

Philippians 4:6-9 NLT

⁶ Don't worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done. ⁷ Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. ⁸ And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. ⁹ Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.

Matthew 6:24-34 NLT

"No one can serve two masters. For you will hate one and love the other; you will be devoted to one and despise the other. You cannot serve God and be enslaved to money.

²⁵ "That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing? ²⁶ Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are? ²⁷ Can all your worries add a single moment to your life?

²⁸ "And why worry about your clothing? Look at the lilies of the field and how they grow. They don't work or make their clothing, ²⁹ yet Solomon in all his glory was not dressed as beautifully as they are. ³⁰ And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith?

³¹ "So, don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?' ³² These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. ³³ Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

³⁴ "So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.

Questions:

- What do you worry about? Are there things you constantly worry about? How does worrying make you feel?
- Do you think it's possible to not worry about things in your everyday life?
- This week try focusing on all that God's presence in your life has done for you. When you find yourself worrying, try imagining yourself falling into the arms of Jesus and let your soul rest there. Remind yourself you are not in this alone.

Reading for the Week:

Monday: Psalm 46:1-2

Tuesday: Romans 8:38-39

Wednesday: Deuteronomy 31:8

Thursday: Psalm 94:19

Friday: John 16:33