



# FINDING PEACE IN MOMENTS OF ANXIETY

APRIL 19 • MATTHEW 6:25-34

## **DISCUSSING GOD'S WORD**

1. What is Jesus instructing us to do in this passage?
2. What does Jesus teach us about God the Father, which is intended to help us follow His instructions?

## **APPLYING GOD'S WORD**

1. Jesus tells us not to be anxious. How can we know if we are exercising healthy concern versus fruitless anxiety?
2. What are some of the truths we should meditate on when we feel anxiety swelling up in our hearts?
3. How can we make this kind of meditation a regular habit in our lives?

## **PRAYING GOD'S WORD**

1. Heavenly Father, help us to trust in you and not in ourselves. Help us to identify our fears and anxieties that come from not trusting in you.
2. Heavenly Father, help us to rejoice in your consistent and faithful provision. Help us to keep our eyes on our eternal inheritance.