

Introduction

- 1 ? Would you consider yourself an anxious person? Explain.
- 2 ? What areas of your life tend to bring you the most anxiety? How do you typically deal with these moments?

Discussion

- 1 ? How common do you think anxiety is in the world in general?
- 2 ? What are some things that bring anxiety to a lot of people? What is it about those things that cause concern?

It seems we live in a time of significantly heightened anxiety as a society. If the pressures and concerns of daily living were not enough, we have lived in the midst of a global pandemic for the last year. This season has led even the most calm and even-tempered of us to experience anxiety in new ways.

Host: Share about your routine anxieties, and how the Bible has helped.

- 1 ? In Luke 12:25, Jesus gave His followers a logical reason for not worrying—it doesn't help us. Why is anxiety so hard to avoid, even if we recognize it is illogical?
- 2 ? Following this verse, Jesus also pointed to things in the natural world—birds and flowers—to show God's care for what many people overlook. How might this comfort you in times of rising anxiety?

Jesus pointed out that God cares enough about the birds and the flowers to care for them. If He cares for birds and flowers, He cares even more for the people He created.

- ❓ Think of the most beautiful plant you've ever seen. Consider God's care and nourishment of that plant. How might that reality help you to trust Him more when you are overly anxious?

- ❓ Spend some time thinking back on your life, both the good and the bad. What are some ways God might have been providing for you, even if you didn't recognize it at the time?

Colossians 1:15-16

In this passage, Jesus taught that people are of great value to God and He delights to care for them.

- ❓ In order to know and seek the things of God, we have to first know Jesus. Do you know Him? How might God be calling you to come to know Jesus today?

Here's how: Romans 3:23, 6:23, 5:8, 10:9-10 and 12:1-2.

Conclusion

- ❓ Spend some time this week thinking on and writing down the things that make you anxious. Share this with God and with others in this group. If you don't know where to start, begin by simply reading your list to God and acknowledging your anxiety over these things.

- ❓ Take a walk this week and spend time observing the birds and flowers around you. Reflect on the fact that if God cares for these aspects of His creation, He cares even more about the people He made.