



## GETTING-TO-KNOW-ME QUESTIONS

Sharing time to get your group started

- A. Do you tend to take risks or avoid them? How has that tendency influenced the direction of your life?
  - B. Have you ever known someone who missed out on opportunities because of anxiety? If so, what did you learn from observing that person?
  - C. Talk about a time when you were paralyzed by anxiety/worry/fear. What happened?
2. What do you think about the principle, “Your devotion drives your emotion.” What do you think the relationship is between anxiety and your faith?
  3. Read Matthew 6:24-34. What do you think is Jesus’ solution to anxiety? What does it mean to “Seek first His Kingdom”?
  4. Read Philippians 4:4-9. What is Paul’s remedy to being anxious?
  5. Jesus knew that our worries are rarely about today, but about the uncertainty of tomorrow (the future). What does it look like to seek first God’s kingdom today and to trust God for tomorrow?

## LIFE GROUP HOMEWORK

Jot down a brief answer to the following four questions

### Quick Review

1. As you reflect on last week’s sermon, what is one principle or insight that stands out as being particularly helpful, insightful or difficult to grasp?