

Growth Points

June 14, 2009

Antidote for Anxiety

Matthew 6:25-34

Devotional Seed Point:

How do you recognize anxiety in your life and how do you fight it?

Deeper Roots

1. How many promises (reasons not to worry) can you find in Matthew 6:25-34?
2. What would you say to someone who suggested that this passage is teaching us follow the pattern of the birds and flowers and not do any work to fill our worldly needs?
3. What does it mean in verse 33 to seek first God's kingdom and his righteousness?

Branching Out into Life

1. Have you ever experienced anxiety as a spiritual attack? How have you resisted? (James 4:7)
2. Does a person compromise their faith in God if they seek medical help to deal with anxiety?
3. What verses in scripture help you fuel faith and fight anxiety?
4. Do you preach to yourself? How would you go about doing this?