

# Jesus Gets **Anxiety**

Sunday, March 3, 2024 | Wawasee Bible | Milford, Indiana | Pastor Josh Weiland

## MATTHEW 6:25-34

When anxiety/worry/fear sets in...

### 1: **RECOGNIZE** it,

Jesus Gets It: Matthew 26:36-46; Luke 22:39-46

**pause, slow down, name it** Isaiah 41:13; Proverbs 14:8; Psalm 139:23-24

### 2: **REFLECT** on what is *true*, John 8:32

**God deeply loves you** Psalm 94:19; Psalm 103:11

**God has control (not us)** Isaiah 12:2; Psalm 56:11

**God is near** Philippians 4:5b; Isaiah 41:10; Psalm 23:4ff; Deut. 31:8; Joshua 1:9; Matthew 28:20b

and 3: **REENGAGE** living your life—*with Jesus in the middle.*

**go to Jesus** v. 34-35 1 Peter 5:7; Philippians 4:6-7, 8; Psalm 34:4; Matthew 11:28

**(4: REPEAT as necessary...)** John 14:1; Isaiah 26:3



Text us at **833-271-8805**.

Text this number anytime for prayer. Just say, "**Pray for...**" followed by your request.

Or if you just need someone to talk to, start texting us with whatever's going on and someone will be in touch via text.



## Discussion Guide

Questions & Scripture for Further Discussion

**What is this?** – Each week people from Wawasee Bible meet in small groups in various homes to learn about Jesus, pray, eat, laugh, & live life together. **We call them Life Groups.** The questions here are based on the sermon each week (often a related part of Scripture), and guide each group's study. If you're interested in connecting with a Life Group, let us know on a Connect Card or at the Connect Desk!

## Welcome to Life Group!

### Getting to Know You

Part of our goal at Life Group is just learning more about each other. Toward that end, here's a totally *random* question to discuss and break the ice as you get going. Have everyone answer:

1. *Would you be likely to survive alone in the wilderness?*
2. *If you knew you had to, what 4 or 5 items would you take with you?*

## Starters (everyone choose one)

- What is one of your favorite foods or drinks?
- Share a memorable time when you "dressed up".

## Message Reflection

- What stood out to you from the teaching this past weekend?
- What questions did the message prompt in you?

## Scripture Discussion

As you begin, have someone read **Matthew 6:25-34**. Read it slowly. Jesus taught this as part of his Sermon on the Mount. There were probably birds chirping, and flowers around them. You might even imagine you were sitting outside with the crowd surrounding Jesus as he spoke.

- If Jesus was here, what question would you ask him about this passage?
- What point(s) do you think Jesus is trying to make with the birds and flowers?
- How would you answer Jesus' rhetorical question in **verse 26**? Expand on why you answered in that way.
- What attitude(s) do you think Jesus is trying to encourage?

We are sent to love people and invite them to follow Jesus with us.

(Study Guide continues on back panel...)

# Welcome to Wawasee!

## OUR MISSION

**We are sent** to love people and invite them to follow Jesus with us.

## YOUR PATHWAY

If you call Wawasee Bible “home”, we challenge you to pursue **three things**:

### 1. Gather



Show up *regularly* and gather with us for worship.

### 2. Grow



Don't just show up, *grow up* spiritually and connect in a growth ministry like Life Groups.

### 3. Go!



Go and serve somewhere. Contribute as much *or more* than you consume!

# Word Find in the Word

Find the words from a passage related to this week's message.

## Word Find: Matthew 6:31-34 (NIV)

Find the words **bolded** below.

<sup>31</sup> So do not **worry, saying**, ‘What shall we eat?’ or ‘What shall we **drink?**’ or ‘What shall we **wear?**’ <sup>32</sup> For the **pagans** run after all these **things**, and your

**heavenly Father**

**knows** that you **need**

them. <sup>33</sup> But **seek first**

his **kingdom** and his

**righteousness**, and all

these **things** will be

**given** to you as **well**.

<sup>34</sup> **Therefore** do not

**worry** about

**tomorrow**, for

**tomorrow** will **worry**

about itself. **Each** day

has **enough trouble**

of its own.

O R W E L L D K N O W S  
K I N G D O M N E E D M  
H G H U F K T H I N G S  
T H E R E F O R E W Y L  
F T A U F F M A P F L F  
U E V R A V O F I R S T  
V O E P T D R I N K V O  
W U N A H T R O U B L E  
G S L G E N O U G H G A  
W N Y A R F W O R R Y C  
L E R N E N G I V E N H  
R S W S A Y I N G M P I  
D S E E K T W E A R R K

- What do you think **verse 33** means?

## Application

- Describe an area of your life about which you are anxious.
- Why do you think it might be difficult to apply Jesus' teaching here (if you do)?
- How might you be able to make this group a better group? (in any way)
- How would your environments (school, team, club, work, etc.) change if people understood this message and lived it out?
- Who do you know that might be interested in next week's topic (Guilt)??

## Close

Take time to pray for one another.

### NOTE to Group Leaders/Facilitators:

*Do some prep ahead of time! Study the passage on your own, jot down some of your own questions.*

*Someone in your group may be experiencing notable anxiety. Avoid “easy answers” and “fixing” that person. Instead, if appropriate, spend focused time in prayer for that person.*

*Consider looking back at some of the devotional questions from the week with your group as well. You can find a PDF of it at [wawaseebible.com/hegetsus](http://wawaseebible.com/hegetsus).*

**NOTE:** *The devotional is not intended as a deep exegetical study of Scripture, but as a means of looking at Jesus's words and entering into our own struggles with that week's topic. Our goal is to look to Jesus's words, example, and understanding to move through it ourselves.*



Wawasee Bible is part of the Evangelical Free Church of America. View our Statement of Faith online at [wawaseebible.com/beliefs](http://wawaseebible.com/beliefs). Learn more about the EFCA at [efca.org](http://efca.org).

## Wawasee Community Bible Church

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SUNDAY, MARCH 3, 2024  
MATTHEW 6:25-34

He Gets Us.®



**We're Glad You're Here Today!**

Scan QR code for our **Digital Announcements & Connect Card.**

<https://wawasee.today>