Faith in the Age of Anxiety   6

Fear vs Anxiety:
*Fear: Standing in the African savanna all alone on Saturday, with a hungry roaring lion charging at you... **Anxiety:** Sitting in the lounge of your luxury hotel on Friday, worrying about going out into the savanna tomorrow...**Anxiety:** worrying about the future.*
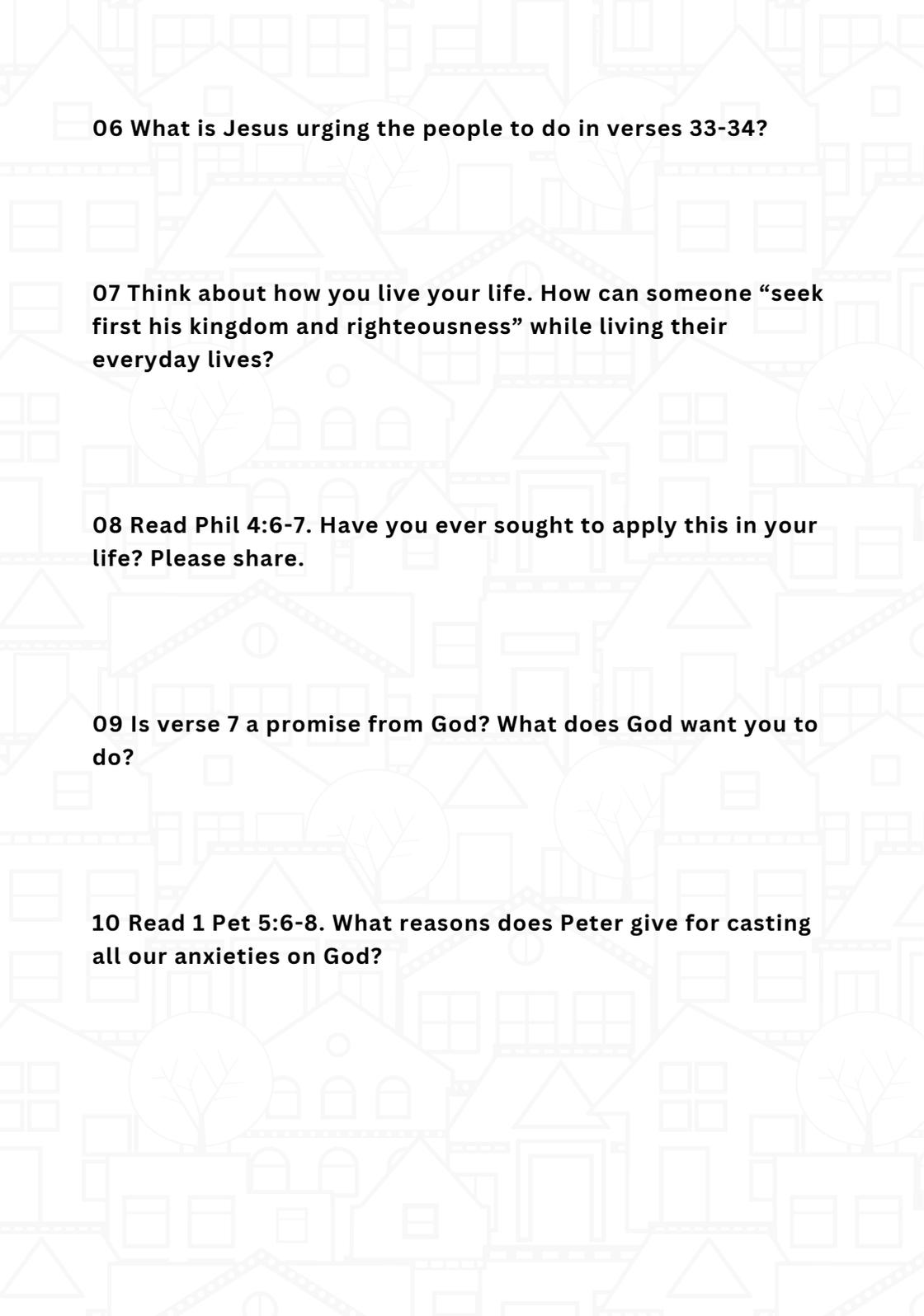
01 What is the difference between fear and anxiety?

02 What kinds of things cause you to worry about the future?

03 Read Matthew 6:24-34.

04 Have you ever worried about not having any clothes to wear or not having the right clothes? Or do you know of others who face this challenge?

05 What reasons does Jesus give for his Father's care of us in verses 25-30?

06 What is Jesus urging the people to do in verses 33-34?

07 Think about how you live your life. How can someone "seek first his kingdom and righteousness" while living their everyday lives?

08 Read Phil 4:6-7. Have you ever sought to apply this in your life? Please share.

09 Is verse 7 a promise from God? What does God want you to do?

10 Read 1 Pet 5:6-8. What reasons does Peter give for casting all our anxieties on God?

11 Our words are important when caring for others. Read Proverbs 12:25. What has helped you when you have been anxious in the past?

12 In what ways do our anxieties reveal something about our faith?

13 What are three things that might God want us to do when responding to anxious thoughts?

14 Sometimes people face times of chronic anxiety. What are some other resources or places of help for those who are struggling in this way?

15 Pray, thanking God that he cares for us, and commit to growing in faith through all situations that you and other Christians face.