

Life Hacks - Worry/Anxiety

February 18, 2018

READ:

- Matthew 6:25-32
- 1 Corinthians 7:6-10
- John 6:33-34

REFLECT:

- Daniel talked about some of his childhood memories this week. What are some of your best childhood memories?
- What are the things in your life that bring you the most worry or anxiety? What do you usually do to cope or deal with them?
- Daniel mentioned three scriptural combatants for anxiety; logical, experiential, and priority. Can you identify with these? Has one been more helpful for you than others?
- What role does/or should prayer play in dealing with your worry and anxiety?
- What are some key differences between “our kingdom” and God’s kingdom? How can changing our perspective on things help us deal with the things for this life that worry us?
- How can we as a church community do a better job walking alongside one another in the area of anxiety? What are some ways that we have come up short?
- How do you focus on His Kingdom through worship? (Daniel mentioned music, books, nature, exercise, podcasts, etc.)

RESPOND:

Monday Morning Application:

- When Dealing with Anxiety:
 - Focus on today
 - Focus on His kingdom through worship