

*Disclaimer: The anxiety we are speaking of in these questions and in the sermon, is the low-level anxiety that many, if not all, of us encounter on a day-to-day basis. We understand that there are other anxieties that can linger for seasons of time for various reasons, that we would welcome and encourage counseling for through [fbclife.org/care](http://fbclife.org/care) or other professional counseling resources.*

Read Matthew 7:24-27

**What stood out to you from Justin's message or the passage?**

**Why do you think we are living in the most anxious generation? What are the predominant emotions/thoughts that lead you into anxiety?**

The root of our anxiety is that we build our lives on shifting sand. Justin gave us four examples of "shifting sand", **which of them do you find yourself building on?**

- *Approval*
- *Power*
- *Pleasure*
- *Comfort*

Justin also listed out the results of building your life on shifting sand. **Which of them do you resonate most with?**

- *Anxiety of comparing and dissatisfaction*
- *Anxiety of uncertainty and fear*
- *Anxiety of indulgence and addiction*

**What are some practical ways that we can build our lives more on the rock, AKA "hear and do" the words of Jesus?**

- *Remember who God is (A father who is good and gracious to us)*
- *Remember who we are (A child of God)*
- *Live a life submitted to God in every area*

**How is living a Life submitted to God the "good life" we are all longing for?**

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### **Men's/Women's Time**

Have a time of sharing. (i.e. Share highs/lows in this season, needs in your home/community, etc.)

**PRAY** for one another.