

## **CRAZY BUSY: Mental Busyness and Anxiety**

Matthew 6:25-34

**Matthew 6:25-34** – What did Jesus say?

What is anxiety/worry?

Where does it come from?

**The Key Is** = We have to feed our faith instead of our fears if we are live in freedom.

### **HOW WE RESPOND MAKES ALL THE DIFFERENCE**

#### **2 Unhealthy Responses...**

1. CONTROL my worries/anxiety.
2. COPE in unhealthy ways.

#### **2 Healthy Responses...**

1. Share with GOD first and most.
2. Share with OTHERS after and appropriately.

### **WHAT IF?**

**CRAZY BUSY: Mental Busyness and Anxiety**

Matthew 6:25-34, 1 Peter 5:7, Philippians 4:6-7

Date: 10/8/2017

**GETTING STARTED**

What is your silliest, most irrational fear?

**SUNDAY RECAP**

Busyness is not just an outward, physical issue. A person can be busy in their mind, which leads to the same sort of problems that physical busyness creates. It is very difficult to pursue a life of faith in Jesus with a mind that is full of worry and anxiety. God asks us to trust Him with those worries. God also uses others to carry our burdens and for us to do likewise to others. What if the church becomes a place that not only had answers to life's worries, but that lived out the life of freedom that Jesus offers?

**STUDY & SHARE**

1. What role has, or currently does, worry and anxiety play in your life? Would you consider yourself to be someone who handles stress and anxiety well (why or why not)?
2. Read and reflect on Matthew 6:25-34. Who is Jesus' audience for this message? What types of worries might they have had?
  - a) Why would Jesus address the issue of worry?
  - b) What promises does Jesus make to those who trust in him in this passage?
3. If we are to live in freedom, we must learn ways of dealing with the source of our anxieties and worries. What does it look like practically and spiritually to feed our faith instead of our fears?
4. Considering the two unhealthy ways to respond to worry (Control and Coping), which one of the two do you most use to manage your own worry/anxiety?

- a) In what ways does control affect our relationships with others, with God?
- b) Consider for a minute how your parents coped with stress/anxiety/worry in your family growing up. How did the way they handled it influence you and the way you now deal with it (what's different or the same?)?

5. Read 1 Peter 5:7 and Philippians 4:6-7. Think about the two healthy ways to respond to worry given in this week's message.
  - a) How does God ask us to respond to worry/anxiety? What is God's role in that? What is our role?
  - b) How often do you first go to others for help, or relief from worry/anxiety, instead of God?
  - c) What might be a healthy way to ask for help from others?
  - d) How can you specifically help those closest to you better address their worry/anxiety?

**SEND // GROUP CHALLENGE**

Begin your time with asking each other this question... Who can you lighten the load for this week through listening and carrying their burdens?

**SUPPORT // PRAYER**

Each person in the group share one worry or concern they feel comfortable sharing. Pray for those concerns together.

*\*These **Sermon Based Life Group Materials** are provided by Rise City Church for the purpose of deeper study of God's Word and are best used in a small group setting. If you would like more information about Life Groups at Rise, please go the Life Groups page on our website or to the Rise City app.*