



Life Group Discussion Questions

October 27, 2024

*** This guide intentionally has more questions than your group could reasonably discuss in one meeting. Feel free to pick and choose questions that best encourage, challenge, and instruct your particular participants.

Read Luke 12:22-34

1. Think about Rob's first two questions; what are you afraid of, and what do you worry about on a daily basis? If you are willing, share with the group.
2. What does Philippians 4:4-7 tell us about our response to anxiety? How do Rejoicing, Prayer, Supplication, and Thanksgiving lead us to the peace of God?
3. Read Luke 12:29-30. Is this like a child asking their parent if they are going to have dinner, while the parent is cooking the dinner? Are your thoughts consumed by the basic needs of life? Are your prayers all based on your needs?
4. Would you say that anxiety is lack of trust in God? Is God sovereign, omniscient, omnipotent, and good? What can we do to better understand God's control of all things?

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5. Rob said that bad theology is overcome by reorienting our perspective. What perspective should we use? Do you view everything in life through a "Biblical lens"?

6. Anxiety is a trial most of us face at one time or another. What does James 1:2-8 tell us about what our response to trials should be?

7. Read Luke 12:32. God is happy to give us the kingdom... is that encouraging? How do we seek the kingdom? How does that happen in daily life? What things get in the way of seeking the kingdom? What do you seek, instead of the kingdom?

8. Anxiety is often a sign of discontent in our lives. What do the following verses show us about the link between contentment and lack of worry? 2 Cor. 12:10, Phil. 4:11, 1 Tim. 6:6-8, Heb. 13:5

9. How can the discipline of meditation give us relief from our anxiety? Do you memorize and meditate on God's Word? Read Psalm 4. (The Psalms are a great source of encouragement and meditation.) Is God your fortress? Your "ever present help"? Your "strong tower"? The giver of all good things? The One who gives us the "Comforter" of the Holy Spirit?

10. Someone once said, "worry is like a rocking chair, it gives you something to do, but it never gets you anywhere." How can we get out of the chair and begin "running the race with endurance"? (See Heb. 12:1-2.)

11. Can God take care of you? How does God take care of you? Does God care about you? Why does God care about you? Is God aware of your needs? When does God meet your needs?

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