

Growth Group Homework

Warm Up

1. Growing up, who in your family was the responsible one? Who was prone to do more than they were responsible for?

Talk it Over

2. What in the message did you find interesting, challenging or helpful?
3. We experience anxiety as feeling like we are living in a constant state of “what if...?”. When are the times you are hit with fearful “what if...” scenarios?
4. Take a minute to think about your common worries or concerns. Can you identify any themes? Do they seem to be around similar areas of life or are they all over the place?
5. Anxiety, worry, and fear are issues of the heart. We experience heart change as we wrestle with our desires, then choose perspectives (how we think life works) and priorities (our ranking of what’s most important) that are aligned with what God says is true and valuable. Rather than give in to anxiety, worry, and fear, Jesus tells us to “...seek first the kingdom of God and his righteousness...” (*Matthew 6:33*). What are some indicators that a person is seeking something?

- What are the indicators that someone is not seeking something?
 - What does it mean to seek God’s kingdom and his righteousness?
6. The following passages are written by people who experienced, challenging and uncertain situations. What stands out to you in these passages?

Habakkuk 3:16-19

2 Corinthians 1:8-10

- The authors describe physiological responses and dark emotions. But what was the opportunity for both of them as they trusted God?
- Has there been a time when anxiety, worry, or fear was paralyzing you from moving forward, but you still choose to fulfill a responsibility? What was the outcome of that experience?

Take it Home

7. What’s something from this discussion you can apply this week?