



OVERCOMING WORRY AND ANXIETY

MATTHEW 6:25-34; 1 PETER 5:6-7

NOTES:

MY MAIN TAKEAWAY:

CHALLENGE: TAKE SOME TIME THIS WEEK TO WRITE DOWN 5 PEOPLE YOU'RE THANKFUL FOR, 5 ACTIVITIES YOU'RE THANKFUL FOR, AND 5 ITEMS YOU'RE THANKFUL FOR. SEND A TEXT TO ONE OF YOUR 5 TO LET THEM KNOW WHY YOU'RE THANKFUL FOR THEM.

S.O.A.P.S. FOR THE WEEK:

Romans 8:28 * 2 Timothy 1:7-8 * 1 Peter 5:6-7 * Phillippians 4:4-7
2 Thessalonians 3:16 * Matthew 6:25-34 * Psalm 55:22

SCAN THE QR CODE ON THE BACK TO LEARN HOW TO USE S.O.A.P.S.

Next week: Hope Weekend!



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QUESTIONS TO CONSIDER:

1. What was your takeaway from the message and why? Was there anything that surprised you?
2. **Read Matthew 6:31-34.** What do you learn about God in this passage of scripture? What do you learn about mankind? How does the insight that these two verses provide impact what is going on in your life today? What are some ways these verses can be practically applied?
3. **Read 1 Peter 5:6-7.** How do we humble ourselves before God? This passage says that after we humble ourselves under God's mighty hand, he may lift us up in due time. What is the passage's significance of "...in due time..."?
 4. We shared 3 tools for hope in this weekends message...
 - BEGIN A GRATITUDE JOURNAL
 - DON'T TRY TO DO IT ALONE
 - CREATE A PLANTalk about each of these and describe how they can bring hope in seasons of worry and anxiety.
 5. We shared 3 tools for help in this weekends message...
 - TURN • UPROOT • TASTE
 - REFLECT • SEEDTalk about each of these and describe how they can help in a season of worry and anxiety.
 6. Who do I need to share this with or invite to join me on this journey?



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SCAN HERE OR VISIT:
CHRISTS.CHURCH/BROOMTREERESOURCES/