

SRMBC Family Bible Study
Anxiety - Finding Comfort and Reassurance from God



SOLID ROCK MISSIONARY BAPTIST CHURCH
 8000 Derry Street (Rear)
 Harrisburg PA 17111
 Every Wed @ 6:30 pm

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Study Schedule September 2020

Date	Lesson Title	Scriptures
9/9/2020	Why Are You Anxious?	Matthew 6:25-34
9/16/2020	Comfort in Times of Fear	Matthew 14:22-36
9/23/2020	Prayer	Philippians 4:4-9
9/30/2020	Refocused	Psalms 73



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This Week's Lesson – September 9, 2020

Anxiety - Finding Comfort and Reassurance from God

Lesson 1:

Why Are You Anxious?

Matthew 6:25 – 34



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Group Discussion: What are some ways that anxiety manifests itself?

- Dizziness
- Fast heartbeat
- Fatigue
- Headaches
- Inability to concentrate
- Irritability
- Muscle aches
- Nausea
- Nervous energy
- Rapid breathing
- Shortness of breath
- Sweating



If excessive worrying and high anxiety go untreated, they can lead to depression and even Physical issues (HBP, Heart Disease, etc.)

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Group Discussion: What are positive and negative ways you've seen anxiety handled?

Negative Ways

- Substance abuse
- Poor Self – Care (Not eating/Overeating, lack of rest)
- Avoiding others
- Negative Mindset
- Anger and violent behavior
- Working too much

Positive Ways

- Admitting there is a problem.
- Take care of yourself (Eat Healthy, Rest, Exercise).
- Control with what you fill your mind with.
- Stay Connected To God (Church, Prayer, Reading the Word).
- Give your Anxiety To God.
- Seek help when necessary.
- Embrace blessing of brokenness (II Cor 12:7 – 10).



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Introduction To The Book Of Matthew

Author: The Apostle Matthew (Levi), the former tax collector.

Date of Writing: probably A.D. 55-65.

Purpose of Writing: Matthew intends to prove to the Jews that Jesus Christ is the promised Messiah.

Practical Application:

- The Gospel of Matthew is an excellent introduction to the core teachings of Christianity.
- Matthew is especially useful for understanding how the life of Christ was/is the fulfillment of the OT prophecies.
- Matthew presents the true nature and identity of God and Jesus Christ to warrant our worship and our obedience.



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Overview of Matthew 5 – 7



Jesus Seeing The Multitude, Teaches From A Mountain

Matthew 7:28-29 concludes the Sermon on the Mount with: *"When Jesus had finished saying these things, the crowds were amazed at His teaching, because He taught as one who had authority, and not as their teachers of the law."*

May we all continue to be amazed at His teaching and follow the principles that He taught in the Sermon on the Mount!

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What Is The "Sermon On the Mount"?

The Sermon on the Mount (Matt. 5:1-2) is the sermon that Jesus gave in Matt. 5-7.

Subjects Jesus Taught In The Sermon On The Mount

Matthew 5:3-12 - The Beatitudes	Matthew 6:5-15 - How to Pray
Matthew 5:13-16 - Salt and Light	Matthew 6:16-18 - How to Fast
Matthew 5:17-20 - Jesus fulfilled the Law	Matthew 6:19-24 - Treasures in Heaven
Matthew 5:21-26 - Anger and Murder	Matthew 6:25-34 - Do not worry
Matthew 5:27-30 - Lust and Adultery	Matthew 7:1-6 - Do not judge hypocritically
Matthew 5:31-32 - Divorce and Remarriage	Matthew 7:7-12 - Ask, Seek, Knock
Matthew 5:33-37 - Oaths	Matthew 7:13-14 - The Narrow Gate
Matthew 5:38-42 - Eye for an Eye	Matthew 7:15-23 - False Prophets
Matthew 5:43-48 - Love your enemies	Matthew 7:24-27 - The Wise Builder
Matthew 6:1-4 - Give to the Needy	

Jesus teaches us how to live a life pleasing to God - full of love, grace, and wisdom.



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Read Matthew 6:25 – 34

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Matthew 6:25 – 28 (NKJV)

25 “Therefore I say to you, **do not worry** about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing?

26 Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they?

27 Which of you **by worrying** can add one cubit to his stature?



28 “So **why do you worry** about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin;

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Matthew 6:29 – 32 (NKJV)

29 and yet I say to you that even Solomon in all his glory was not arrayed like one of these.

30 Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith?

31 **“Therefore do not worry**, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’

32 For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things.



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Matthew 6:33 – 34 (NKJV)

33 But seek first the kingdom of God and His righteousness, and all these things shall be added to you.

34 **Therefore do not worry about tomorrow**, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.



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1. Why do you think Jesus sent the disciples ahead of him to cross to the other side?

- **God's Spiritual Perspective:** While the unbelieving world seeks after temporary material things, the spiritual/eternal things are so much more important.
- **God's Supernatural Provision:** God takes care of the natural seemingly small things (Birds of the Air) in every season (Winter/Summer)
- **(We are) God's Special Possession:** We belong to God. He values us more than anything else in the world. He has committed to always love and provide for us.

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2. Describe what the disciples experienced during their time apart from Jesus (Matthew 11:24).

- **Ineffectiveness Of Worrying (vv. 27 – 28a):** While I need to TCB – I never need to worry about things that are in God's Control.
- **Illustration Of Freedom From Worrying (v. 28b):** The flowers grow and provide beauty all by the Power of God.
- **Inspiration Of Faith Over Worrying (v. 29):** Just like God richly blessed Solomon (and others in the Word) – he will richly bless us/me.

Note: Freedom from worry doesn't mean a lack of concern or responsibility, but doing what we can, and trusting God for what we can't.

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3. Why were the disciples afraid (Matthew 11:25-26)?

Worry accomplishes nothing; we can add nothing to our lives by worrying.

Points to Ponder:

- There may be greater sins than worry, but there are none more self-defeating and useless.
- Instead of adding to our life, we can actually harm ourselves through worry.
- Worry (Stress) is one of the great contributors to disease and poor health.



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4. What's the significance of Peter's encounter with Jesus (Matthew 11:28-31)?

- **Pride:** We think that we can handle things on our own – instead of trusting God.
- **Problems:** When our lives fall apart – we may doubt God's love and care for us.
- **People:** Folks who complain; people who don't trust God but seem to do better; Ones who discourage.
- **Enemy:** Satan puts thoughts/condemnation in our minds to try to get us to doubt God's care.



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5. What happened to the wind when Jesus got into the boat?

- In everything we do, we seek first the Kingdom of God.
- Make a daily commitment to find and to do the will of God
- To join oneself totally with His purpose:
 - Devoted to Worship (Church, Bible Reading, Prayer, Giving, Ministry)
 - Devoted to Family (Wife, Husband, Brother, Sister...)
 - Devoted to Witness (Worker, Neighbor, etc.)



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6. How did the disciples respond (Matthew 11:32 – 33)?

- By keeping Jesus as our first priority in life, this reassures us that God will provide all “these things.”
- When we seek God’s good will, His goodwill eventually comes toward us. (Gal 6:7)
- Making seeking God in prayer our 1st Priority keeps from worrying about things beyond our control.

Note: “...these things” are provided differently for each person. These types of passages stretch our faith to believe that God is still good.



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7. What does it mean that Jesus is the Son of God?

- Putting everything in our lives (great, small, known, and unknown) into God's Hands.
- Learning to live moment by moment and staying aware of God in the present.
- Seeking to do the Will of God that we know to do for today.

Note: Worrying about tomorrow can sabotage what God is wanting to do today!



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8. How can this passage help prepare you for other possible times of fear and anxiety?

- **Give it to God in Prayer:** Do not take yesterday's mistakes into today.
- **Give it to God each day in Scripture:** Open your Bible and read where you left off from the previous day.
- **Give it to God by being encouraged:** Surround yourself with encouraging people.



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Keys For Living

- Obeying God often will lead us directly into spiritual and natural opposition. We need not be surprised or discouraged.
- Keeping our eyes of faith on Jesus will enable us to navigate even the most uncertain and tumultuous circumstances.
- Once God has set the direction and purpose for our lives He will, despite every obstacle, accomplish it.



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Now or Later

We tend to worry or become anxious when we lose sight of God's perspective. He tells us not to worry—that we don't need to worry.

Write a prayer to God acknowledging Him as your provider.



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