

Sermon Study Guide

10.11.2009 – Anxiety

KIDS VERSION



Anxiety

1. Do your moms and dads every worry about stuff? Are they ever concerned about you getting hurt? Another word for that is being anxious, or having anxiety. Do you ever feel like that? What kinds of things make you anxious or worried? Would you like to do those things without being anxious?

Read Luke 12:22-34

²²Then Jesus said to his disciples: "Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. ²³Life is more than food, and the body more than clothes. ²⁴Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! ²⁵Who of you by worrying can add a single hour to his life^[a]? ²⁶Since you cannot do this very little thing, why do you worry about the rest?

²⁷"Consider how the lilies grow. They do not labor or spin. Yet I tell you, not even Solomon in all his splendor was dressed like one of these. ²⁸If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you, O you of little faith! ²⁹And do not set your heart on what you will eat or drink; do not worry about it. ³⁰For the pagan world runs after all such things, and your Father knows that you need them. ³¹But seek his kingdom, and these things will be given to you as well.

³²"Do not be afraid, little flock, for your Father has been pleased to give you the kingdom. ³³Sell your possessions and give to the poor. Provide purses for yourselves that will not wear out, a treasure in heaven that will not be exhausted, where no thief comes near and no moth destroys. ³⁴For where your treasure is, there your heart will be also.

2. What do these verses tell us about worrying?
3. The opposite of worry is trust. Everyone struggles with worrying and trusting in different areas. What things make you worry? What things do you trust?
4. What do some of these other verses tell us about worrying?

1 Peter 5:6-7, Philipians 4:6-7, Romans 8:28, John 14:1-3, Matthew 6:33-34,

Isaiah 26:3-4, Proverbs 3:5-6

5. Jesus said, "For where your treasure is, there your heart will be also." What's treasure? (something valuable) When we *treasure* something that means it's valuable to us. What things do you *treasure*?
6. Our hearts follow what we treasure and our heart represents our real feelings and what's really inside us – even when we might say something different. What are some ways we can treasure the kingdom of God so that our heart will be there too?