



Notes | September 1, 2024

As It Is In Heaven: Anxiety

One of the main characteristics of this world is anxiety. Financial instability, politics, job stress, relationship drama, parenting, identity theft- there are so many things that fill people's heads and overtake their hearts. None of us want to feel like this, but it seems unavoidable. In the Kingdom of God though, peace should be the norm. Anxiety, stress, and worry are all internal responses from an external reality. A result of living in a fallen world. As believers, we know that external stressors will never go away. The only thing that we can control is our response. As Christians, we need to seek first the Kingdom of God and lay down the burden of worry. Because when you seek God's Kingdom first, everything changes.

Key Scripture | Matthew 6:25-26

"Therefore, I tell you, do not worry about your life, what you eat or drink; or about your body and what you will wear. Is not life more than food and the body more than clothes. Look at the birds of the air; they do not sew or reap or store away in barns and yet your heavenly father feeds them. Are you not much more valuable than they?"

Related Scriptures

Matthew 6:27; Matthew 6:31-33; John 14:27; Galatians 5:22-23; Philippians 4:6-8; 1 Peter 5:7

Icebreakers:

Q: What is one of your most embarrassing moments?



Key Thoughts and Reflections:

I. Stress, worry, and anxiety are three internal responses to external realities.

Q: What is a stress that you carry daily?

Q: What does "peace" mean to you?

Q: Would you say you are more peaceful or live in high anxiety? Why?

II. God wants to do something with our internal responses.

Q: If you were to make a list of the top five priorities in your life, what would they be? Why are they ranked that way?

Q: What we're worried about is the thing we can't stop thinking about. Is there something that consumes your thoughts?

Q: Is it easier for you to focus on the negative or the positive?

III. God has peace for you.

Q: What are your habits when you get stressed?

Q: Your peace is dependent on what you seek first. example: If I seek my job first, I live by the motto "if my job is good then I'm good." What do you seek first? Why?

Q: How do you seek God's presence?

Get Practical

It's easy to get caught in a cycle of anxiety. We can spiral so quickly. One of the best ways to practice peace is to spend time in prayer and journaling. Take time this week to write down anxious thoughts and use the verse listed above to pray over those thoughts. Cover them in prayer and fix your eyes on the Prince of Peace!