

Anxious for Nothing Viewer Guide Session 1: Rejoice in the Lord Always

Bible Study and Group Discussion

1. Before everyone shares in the large group, turn to one or two people next to you and finish this sentence: “After watching the video, one question I now have is...|

2. Stress-related ailments cost the United States billions of dollars every year. Why do you think the nation leading much of the world in infrastructure, education, democracy, and more is also leading the world in anxiety? Why would Americans suffer from anxiety more than people of lesser developed countries?

3. Scripture includes many verses that can bring comfort and peace to the worried heart. Read Psalm 56:3; Matthew 6:25-34, and 1 Peter 5:6-8. What prescription does each passage give for anxiety?

4. How does the world teach us to cope with anxiety? How does the world’s solution for anxiety differ from God’s solution?

5. Eugene Peterson says, “[The fact] that God followers don’t get preferential treatment in life always comes as a surprise.” Have you ever expected special treatment from God? If so, how did it affect your relationship with him when you experienced hard times?

6. Read 2 Corinthians 11:23-28 aloud. What trials did Paul face?

- * Now read 2 Corinthians 12:1-10, where Paul talks about a constant trial God would not take away. What is God’s response to Paul’s prayer in verse 9?
- * How does God display his strength when we are feeling weak or anxious?

7. The first prescription Paul gives for anxiety is this: “Rejoice in the Lord always.” Hundreds of years before Paul wrote his letter, the prophet Habakkuk wrote similar words. Read Habakkuk 3:17-19. How does Habakkuk describe God in these verses?

- * What names does Habakkuk use for God?

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- * Why does Habakkuk say he can rejoice in God though the fig trees wither and crops fail?

8. If you want to rejoice in God regardless of your circumstances, it is crucial that you learn to trust in his sovereignty. What prevents you from trusting in the sovereignty of God?

- * How does trusting in God's sovereignty affect the way you perceive life's trials?