



## **Fear Not: Four Truths About Fear, Worry, and Anxiety Week 2 Discussion Questions**

### **Read Matthew 6:25-34 out loud as a group.**

1. In the message, what definition was given for worry?

### **Worry is **doubting fixation**.**

2. What doubts do you tend to fixate upon? What scriptures come to your mind that can slay those doubts?

### **Doubting fixation is fed by the **potential** instead of the **actual**.**

3. Describe a time in your life when doubts led you to fixate on potential outcomes instead of the actual circumstances. What “what ifs” are you tempted to fixate on right now? How does this feed worry in your heart?
4. Does it feel different to worry about wants rather than worrying about needs? How does that difference affect your heart?

### **Doubting fixation increases when my **perceived responsibilities** are greater than my **current resources**.**

5. How can we see doubting fixation decrease even if we have limited resources?

### **Doubting fixation exposes a **threat** that reveals an **illusion**.**

6. What threat does doubting fixation expose? (*The threat is that my life is out of my control.*)
7. What illusion does that threat reveal? (*The illusion is that I was ever in control in the first place.*)
8. How does the need for control make your life feel like it's out of control?

### **You can face the uncertainty of tomorrow without worrying today.**

9. What did Jesus teach us in the Lord's Prayer about trusting God one day at a time?

### **CLOSING QUESTION**

How would you answer the question Jesus asked in Matthew 6:27? ***Have you ever been able to add anything to your life by worrying?***

### **Pray together as a group.**