

Anxiety by Ben Nugent - Discussion Questions

1. Do you identify with struggling with anxiety?
2. What are your observations of Matthew 6:25-34
3. Do you remember the first time you felt anxious about something? When was it? What was it about?
4. What are some of the indicators (physical, emotional, spiritual) do you see in your own life?
5. Do you identify with the statement, “O, you of little faith”? Why or why not?
6. Discuss George Muller’s quote, “the beginning of anxiety is the end of faith. The beginning of true faith is the end of anxiety.”
7. When your faith shifts from Christ, where does it most often go?
8. How can you pursue freedom alone and with your friends?
 - a. Matthew 6:33-34
 - b. 1 Peter 5:6-7
 - c. Philippians 4:6-7
9. What can you be praying for one another?