



## Key References:

### Psalm 127:1–2 (ESV)

<sup>1</sup> Unless the LORD builds the house, those who build it labor in vain. Unless the LORD watches over the city, the watchman stays awake in vain. <sup>2</sup> It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep.

### Proverbs 12:25 (ESV)

<sup>25</sup> Anxiety in a man's heart weighs him down, but a good word makes him glad.

### Matthew 8:23–27 (ESV)

<sup>23</sup> And when he got into the boat, his disciples followed him. <sup>24</sup> And behold, there arose a great storm on the sea, so that the boat was being swamped by the waves; but he was asleep. <sup>25</sup> And they went and woke him, saying, "Save us, Lord; we are perishing." <sup>26</sup> And he said to them, "Why are you afraid, O you of little faith?" Then he rose and rebuked the winds and the sea, and there was a great calm. <sup>27</sup> And the men marveled, saying, "What sort of man is this, that even winds and sea obey him?"

*"As Christians our lives are not marked by the lack of storms, but who is with us in those storms" – Wes on Sunday*

### 2 Timothy 1:7 (ESV)

<sup>7</sup> for God gave us a spirit not of fear but of power and love and self-control.

## 1 – THE PAST FEW MONTHS

Wes began by saying: "God has been calling [my family] back into a simple way of life. Living on less, doing less things for the sake of doing them, engaging less in technology. Simplifying our lives to spend time on what's important." **How have you found these past months transformative?**

## 2 – ANXIETY ACCORDING TO MAN

Wes said that there's two type of people when it comes to dealing with anxiety; those who confront it, and those who avoid thinking about it. **Which one are you and why?**

**How does being anxious all the time manifest itself in our bodies and relationships?**

**In Matthew 8:26 what does Jesus correlate fear with? Is this surprising and how should we be challenged by it?**

## 3 – ANXIETY ACCORDING TO GOD

Jesus reveals that every day when anxiety knocks on the door we have a choice to make. **What is that choice?**

Read Ephesians 6:10-12. Wes pointed out that fear is a spiritual problem. **How did Sunday's message challenge how we deal with anxiety and fear with only physical solutions?**

Read on to Ephesians 6:13-18. **How does the instruction in these verse's equip us for Jesus' question of fear vs faith?**

Read Proverbs 12:15. **How can being in God's community help us through fear?**

Read Psalm 127:1-2. **How can this truth bring us to peace.**