



# Week 12 | Age of Anxiety (Part I)

## 1. Catch Up On Life:

*As a church family, we care about each other's lives: what we're celebrating, what we're mourning, what decisions we are praying through, and everything in between (1 Thessalonians 2:8, Romans 12:10, 15).*

Suggested time: 10-20 minutes

- How are you doing?
- What can you thank God for this week?
- When were you most aware of Jesus' presence this week? When were you least aware of Jesus' presence this week?
- Do you have any practical needs? (If so, please visit our [Needs](#) page)

For LifeGroup training resources check out [MidtownLifeGroups.com](http://MidtownLifeGroups.com)

## 2. Review the Mission:

*Just like God the Father sent Jesus on a mission of reconciliation for us, Jesus sends us out as ambassadors of His reconciliation. We are called to make disciples wherever we go. (John 20:21 and 2 Corinthians 5:18-20)*

Suggested time: 10-20 minutes

- **People:** Who in your life can you be building with right now? What does that look like during this season?
- **Plan:** Are there any rhythms planned (virtual or in-person) that we can invite these friends into? What spiritual conversations do you want to initiate with them soon?
- **Pray:** Let's pray for our people by name; pray for their needs, opportunities to connect, and opportunities to have spiritual conversations that help them take next steps toward Jesus.

## 3. Scripture & Sermon Discussion:

*God uses His Word to reveal Himself to us, equip us to live the good life He's designed for us, show us our sin, and strengthen us as we follow Him (2 Timothy 3:16-17, Colossians 1:9-12, and James 1:22-25).*

Suggested Time: 20-40 minutes

### i. Scripture Discussion

Primary Passages: **Matthew 6:19-34**

Read **Matthew 6:19-34** out loud. Spend some time silently reflecting and journaling the following questions as a LifeGroup.

- What stands out from the passage?
- What does this passage reveal to us about God?
- What does this passage reveal to us about people?
- Share with one another what you thought, reflected, and wrote about.

For tools and resources to grow in your walk with Jesus, go to [FollowingJesusTogether.com](http://FollowingJesusTogether.com)

## ii. Sermon Discussion

What stood out to you from the sermon?

In the sermon, we said that anxiety is a multi-faceted part of human existence. It can have physical, emotional, psychological, and spiritual components. Sometimes it can be oriented around the past, present, or future. Lately, what have you been anxious about and what has your anxiety looked like?

Anxiety often reveals something about us internally. The illustration we used was that our anxious thoughts and feelings are like warning lights on a dashboard, revealing something going on underneath. What might your anxious thoughts and feelings be revealing to or about you? What are you believing about yourself, others, and God in your anxiety?

Our anxiety ultimately wants to find security, and anything outside of Jesus can never provide the permanent and unshakable security we want. Are you actively bringing your anxieties to Jesus to find security in Him? Why or why not? What's one thing you can put in place this week to ground yourself in the security found in Jesus?

## 4. Engage the Heart:

*Jesus calls us to walk in the light, confessing our sins to God and each other. God's Spirit works through confession and community to lead us to repentance. (Romans 3:23-24, James 5:16 and 1 John 1:5-10)*

Suggested Time: 10-20 minutes

- How are you doing abiding with Jesus this week in Scripture and prayer? (If you haven't yet, consider following along in our [Matthew Bible Reading Plan](#) and working through our practice for this series, [journaling](#).)
- What sin do you need to confess to God? (As people confess sin, make sure to remind one another of the good news Jesus offers. If need be, use the worksheet "Go-to Verses for Gospel Fluency" at [FollowingJesusTogether.com/confession](#))

**Pray:** Close your time together by praying for one another

- Pray for the Spirit to work in you as you take steps of repentance
- Pray for God to meet the needs of those in your group
- Pray for the sick and vulnerable at this time of crisis