

CONVERSATION GUIDE

Middle-High School

DATE: 11/1/20

SCRIPTURE: Matthew 6:19-34

LESSON: Age of Anxiety

INTRO

This conversation guide exists to help parents interact with their middle and high school students. Our goal in having middle and high school students attend gatherings (or worship at home) with their parents is to help them transition toward being adults who are fully functioning members of the church. But most middle and high school students still need some translation and help connecting what they're learning to their lives. We want our sermons to be accessible, but they aren't specifically targeted toward the transitional teenage years.

- What has been your experience with the mountain of anxiety we talked about in the sermon?
 - On a scale of 1-10, how often do you feel anxious or have worried thoughts?
 - On a scale of 1-10, how intense does your anxiety feel?
 - What kinds of things do you tend to get anxious about?
- **Read Matthew 6:25, 31-34.** Why do you think Jesus gives the same command “do not be anxious” three times in these verses?
 - What kinds of things do you look to in order to feel secure (outside of God)?
 - Why is it not such a good idea to look to those things for your security? *(Parent note: whatever we look to for identity, security, “okayness” outside of God ultimately fails us. Like the money stored up in barns Jesus talks about in v. 19 and 26, it can't last forever.)*
- **Read Matthew 6:26-32.** What are some practical ways you can remind yourself that God is taking care of you when you are anxious this week?