

# Overcoming Fear And Anxiety

6 February - Ron Aulbach

Matthew 6:25-34

## LIFE

Building life giving relationships

**CATCH UP:** Spend 20-30 minutes catching up with each member of the group and sharing prayer requests. Make sure to spend a few minutes praying for each other. If possible try to have a quiet time on Job 1.

**YOUR STORY:** What makes you worry/anxious?

## GOD

Growing more like Jesus together

### ENGAGE THE MESSAGE:

1. **Read** Matthew 6:25-34
2. Does technology play a role in your anxiety?
3. What does this reading have to do with fears and anxieties?
4. Jesus alludes to us taking our lives one day at a time. How can you push worries away from today?
5. What are some things you are grateful for?
6. How can you track your appreciations in life and illuminate them?

## OTHERS

Loving God and loving others

**OTHERS:** What does it look like to carry one another's burdens?