

Hope for Anxious Hearts, Luke 12:22-34

Growth Group Questions

On Sunday we looked at Jesus' words about anxiety in Matthew's gospel. We are going to look now at Jesus' words in Luke's gospel. It's a little longer than Matthew's account and gives us a few other things to consider as we live in anxious times and many of us experience anxiety in our own lives.

1. Why do you think so many people experience some form of anxiety?
2. What are some of the things causing you anxiety at the moment?
3. When Jesus says "do not worry" we need to hear his tone rightly. He's not like a stern headmaster, pointing the finger telling us, "STOP WORRYING!" Jesus is a loving friend, drawing alongside, showing us what we can do with the many things we worry about. He has some great promises for us in these verses. What promises does Jesus make in these verses and how might they help you with your fears?

4. Here are some thoughts on a plan that you might find helps if you struggle with anxiety. It's taken from an article written by David Powlinson in the Journal of Biblical Counselling.¹ Worry and anxiety can feel like barbarians rioting in the streets of your mind. Listen to Proverbs 25:28 – 'a man who has no control over his spirit is like a city broken into and without walls'.

We need a game plan:

- a. What are your worries? Write them down. They feel infinite but they are finite and specific
- b. How do you express your worries? Spot the signs – a vague unease, tension headache....
- c. Ask yourself – why am I anxious? What is pre-occupying me?
- d. What promises of Jesus do I need to hold onto now? Look again at his words in Luke 12.
- e. Go to your Father – talk to him. “Cast all your anxiety on him because he cares for you” 1 Peter 5:7

¹ Don't Worry, David Powlinson. 'The Journal of Biblical Counselling', Winter 2003