



Grow Group Leader Notes

Week 10 | November 2-5

The Cure for Anxiety
Matthew 6:25-34

THE BIG IDEA

When we seek God's kingdom first, he sets us free from worry.

MEMORY VERSE

But seek first his kingdom and his righteousness, and all these things will be given to you as well.

- Matthew 6:33

NEXT WEEK'S TEXT

Matthew 7:1-12

ANNOUNCEMENTS

- Invite your Grow Group to bless the families we are serving through the Christmas Store by purchasing gifts for the 400 parents and caregivers who will attend. You can visit our Amazon wish list by scanning the QR code on the Christmas Store handout in your Grow Group room or scanning the QR code to the right.



DISCUSS

 **Read Matthew 6:25-34**

Listening to Jesus

As you reflect on our worship gathering this week, what is the primary message of truth you sensed God speaking to you?

Seek God First

What promise is associated with seeking God first?

- Why do you think those two are related (the promise of God's provision and the invitation to seek God first)?
- When was a time you pursued God above all else and experienced God provide for you in your pursuit?
- What do you think it means to seek first God's kingdom and his righteousness?
- What could it look like for you to personally seek first God's kingdom and his righteousness this week?

N.E.S.T. (acronym explained at right in blue)

Review the 4 steps Pastor John invited us to take whenever we are worried or anxious.

- How does the NEST process compare to how you usually deal with worry?
- What do you appreciate about the NEST process?
- How are you challenged by the NEST process?

Name it: What are you worried about?

Examine it: Process your worry in prayer with God. (You may want to ask, "is there a faithful step I can take in this situation?" You may want to invite a friend who follows Jesus to pray with you.)

Surrender it: Intentionally entrust your worry to your Father God who loves you.

Trade it: Rather than letting worry consume you, seek first God's kingdom and his righteousness.

Peace of God

(scripture references at right in green)

Read Philippians 4:6-7

- Rather than being anxious, what does Paul invite us to do in this passage?
- What promise can we cling to from this passage?
- How have you personally experienced the peace of God guard your heart and your mind against anxiety?

⁶Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

- Philippians 4:6-7

PRAY

Pause to reflect on the truth from our primary text in Matthew 6:25-34, that our Heavenly Father knows what we need. If God cares for the birds of the air and the flowers of the field, how much more will he care for you?

Spend 5-10 minutes in personal prayer, taking whatever worry is weighing on your heart and mind today and walking through the NEST process. Feel free to text a friend (who is or is not in the room) to join you in prayer.

Once you have finished, sit with your palms facing up signifying how your life is entrusted to God's care, and your Grow Group Leader can offer a closing word of prayer.