



SERMON STUDY GUIDE
For the sermon preached on
1/17/2021:
"Rx for Anxiety"
Luke 13:22-31

How to use the Study Guide During Virtual Online Group Meetings

Group life is even more critical during this incredible season. Over and over, group leaders are reporting that suddenly there is a new hunger to connect, share, pray, and meditate on Scripture together, and so we are making these guides available weekly and suggesting a new format during this season.

As you know, our Group Life's vision is to "practice the way of Jesus." And while Jesus never had to lead a Torah study over Zoom, he was strategic in his teaching ministry, and we want to be as well.

There are a number of differences between meeting in person and meeting online, ranging from the obvious to the subtle. One is, given our attention spans for online meetings, we want to encourage you to limit the length of your call between 45-60 minutes and we are calling this "Check-In Plus One." Meaning, spend a few minutes checking in with your group and see if there are any new needs with them (or even amongst their neighbors). The "One" is to spend time in study. As our virtual season continues, our desire for meaningful content and interaction will grow. Given our new format, the study guides based on Sunday's sermon will be designed to be more application based (as opposed to unpacking the text with the Inductive Bible Study method). You might consider sharing the passage beforehand with your group in hopes that they might spend more time with the Scripture before the gathering.

As always, we are so grateful for you, your gifting, your servant leadership, and all that you do in practicing the way of Jesus in community.

Grace and peace,
Pastor Tim Ghali and Pastor Rachel Keeler on behalf of the Group Life Team

For the Leader: "Check-In Plus One"

Welcome everyone to the Zoom call and outline the goal of this call being 45 minutes. Spend 15-20 minutes checking in with one another, then move into a time of prayer, and then spend some time discussing the application of the Scripture passage. A "check-in" question might be, "How are you doing, and is there anything new that has arisen in your life or in your neighborhood that we can pray about?"

This is the third week of our winter teaching series, “Finite Disappointment, Infinite Hope,” and Pastor Bryan preached a message about dealing with anxiety. The sermon is titled “Rx for Anxiety,” and it comes out of Luke 13:22-31.

Q – Start by having someone in your group read Luke 13:22-31 aloud slowly.

- What strikes you about this passage? What word, phrase, or image stands out for you?
- Listening to the passage right now, how does it make you feel?

Q – Pastor Bryan referred to at least four different forms of worry/anxiety: normal concerns that any responsible, thinking person experiences; chronic or constant worry; middle-of-the-night flashes of anxiety; and severe, crippling anxiety.

- How would you differentiate between these different forms of worry and anxiety? Why is it important to differentiate between them, from a spiritual perspective?
- Which type of worry do you think Jesus is primarily addressing in this passage? What is the Lord telling us, and why?

Q – The sermon outlined three practices that can help us to have hope in the face of anxiety: **focusing on the big picture**, **doing what you can**, and **trusting God for the rest, and the best**.

- What does **focusing on the big picture** mean to you? How can this practice help us to have hope in the face of anxiety? What is one concrete way you can put this into practice the next time you’re feeling anxious?
- What does **doing what you can** mean to you? How can this practice help us to have hope in the face of anxiety? What is one concrete way you can put this into practice the next time you’re feeling anxious?
- What does **trusting God for the rest, and the best** mean to you? How can this practice help us to have hope in the face of anxiety? What is one concrete way you can put this into practice the next time you’re feeling anxious?

Q – Near the end of the sermon, Pastor Bryan said: “As we head into this new year, let me encourage you every day – and in the middle of the night – to place your worries and anxieties in the hands of Jesus.” And in 1 Peter 5:7, we read: “Cast all your anxiety on him because he cares for you.”

- Is there some worry that you want to place in Jesus’s hands tonight? How can we support you in prayer as you do?

As we conclude tonight, let’s pray for all who are burdened by worry and anxiety, that they might know the Lord’s comfort and peace. And let’s pray for one another, that we might learn more and more to place our worries and anxieties in Jesus’s hands...