



Scared to Death, Pt.2: Overcoming Anxiety

In the decisions that come our way, we are faced with many choices, but oftentimes we end up going from one thing to the next and are never able to discern the important from the urgent. This can cause us trouble. However, as we read in the Gospel of Luke, there is only one priority that we should focus on.

Bottomline: Anxiety is fueled by our focus.

DISCUSSION QUESTIONS

1. What are some reasons you think anxiety has been on the rise in our culture over the past 50 years? What pressures have you felt from by cultural norms?
2. Over the past year, in what areas of your life have you felt more or less anxious?
3. **Read Luke 10:38-42** then answer the following questions:
 - I. Verse 38 says that Martha welcomed Jesus and his disciples into her home. Is Jesus welcomed in your home? How do you act this out? Is Jesus welcomed into your heart? How are you acting this out?
 - II. In verse 39, we see that Mary wasn't being dragged around by all of her concerns and worries because she made a choice. She knew that there were things that needed to be done, but she made a choice to focus on what was most important in that moment. Think about your day to day. In what are you placing your focus each day?
 - III. Verse 40 says that Martha was distracted and was focused on all that she thought needed to be done. But Jesus tells her that there is only one priority she should focus on. What in your life has you distracted right now? How is this causing an increase in your anxiety? What are the important things you need to be focused on right now?
4. What has been the most helpful thought/idea from the message this week? How has that thought/idea helped you?
5. How can the group encourage you this week?

For further consideration: read Romans 8 everyday this week.