

SCRIPTUREDEPTH STUDY PACKS

Finding Peace: What the Bible Says About Anxiety

An 8-week small-group study on trading anxious thoughts for the peace of God.

8-Week Study · Leader's Guide · Free Sample (Week 1)

This is a free sample containing the introduction and week 1 of 8. Get the full leader's guide and participant worksheets at scripturedepth.com/studies/finding-peace-anxiety.

WELCOME

A Word for the Leader

Welcome, dear leader, to 'Finding Peace: What the Bible Says About Anxiety.' This study is designed for those who seek to understand and overcome the everyday anxieties that can weigh heavily on our hearts. In a world filled with uncertainty and stress, the Bible offers timeless wisdom and comfort. Our goal is to explore these truths together, drawing closer to God and to one another as we learn to cast our cares upon Him.

This study serves anyone who finds themselves grappling with worry—whether it's the persistent concerns of daily life or the deeper anxieties that can sometimes feel overwhelming. We believe that through Scripture, prayer, and community, we can find the peace that God promises, even in the midst of life's storms.

Each week, we will delve into different aspects of anxiety, starting with understanding why we worry and moving through practical steps like casting our cares on God and finding rest for our weary souls. As a leader, your role is to facilitate a safe space for sharing and growth, encouraging participants to be open about their struggles and victories.

Remember, you are not just a guide but a fellow traveler on this journey. May this study be a blessing to you and your group as you seek the peace that surpasses all understanding, promised to us in Philippians 4:7.

How to Use This Study

This study is structured to be flexible yet thorough, with each session designed to last between 60 to 90 minutes. Each week, you will find a rhythm that includes a teaching segment, a time for Scripture reading, guided discussion, and a worksheet for personal reflection and application.

Begin each session with a brief teaching, setting the stage for the week's topic. This is followed by reading selected Scripture passages that illuminate our theme. Encourage participants to listen and reflect on how these truths speak into their own experiences with anxiety.

After the Scripture reading, facilitate a discussion. Use the questions provided to guide conversation, allowing participants to share insights and personal stories in a supportive environment. This is where much of the learning and growth happens, as we learn from each other's experiences and perspectives.

Finally, provide time for participants to complete the worksheet, either during the session or as homework. This personal reflection is crucial for applying what we learn to our daily lives. Remember, you have permission to

print unlimited copies of this study for your group, ensuring everyone has the resources they need to fully engage with the material.

Why We Worry

WEEK 1 OF 8

Focus: Matthew 6:25-34

“Therefore I tell you, don’t be anxious for your life: what you will eat, or what you will drink; nor yet for your body, what you will wear. Isn’t life more than food, and the body more than clothing? See the birds of the sky, that they don’t sow, neither do they reap, nor gather into barns. Your heavenly Father feeds them. Aren’t you of much more value than they? “Which of you, by being anxious, can add one moment to his lifespan?”

Matthew 6:25-27

“Why are you anxious about clothing? Consider the lilies of the field, how they grow. They don’t toil, neither do they spin, yet I tell you that even Solomon in all his glory was not dressed like one of these. But if God so clothes the grass of the field, which today exists, and tomorrow is thrown into the oven, won’t he much more clothe you, you of little faith?”

Matthew 6:28-30

“Therefore don’t be anxious, saying, ‘What will we eat?’, ‘What will we drink?’ or, ‘With what will we be clothed?’ For the Gentiles seek after all these things; for your heavenly Father knows that you need all these things. But seek first God’s Kingdom, and his righteousness; and all these things will be given to you as well. Therefore don’t be anxious for tomorrow, for tomorrow will be anxious for itself. Each day’s own evil is sufficient.”

Matthew 6:31-34

Teaching

As we begin our journey into understanding anxiety through the lens of Scripture, we start with Jesus' words in Matthew 6:25-34. Here, Jesus addresses the everyday concerns that weigh heavily on our hearts—what we will eat, drink, and wear. These are basic needs, yet they often become the focal points of our anxiety. Jesus invites us to consider the birds of the air and the lilies of the field. They do not toil or spin, yet they are provided for by God. This passage encourages us to shift our focus from our worries to the faithfulness of our Heavenly Father, who knows our needs and cares for us deeply.

In these verses, Jesus challenges us to examine the root of our worries. He asks us to consider whether life is more than food and the body more than clothing. This question invites us to reflect on what truly matters. Often, our anxiety stems from misplaced priorities or a lack of trust in God's provision. By reminding us that life is more than our immediate concerns, Jesus encourages us to look beyond our present circumstances and trust in God's overarching care and purpose for our lives.

Jesus uses the example of the birds to illustrate God's provision. Birds do not sow or reap, yet they are fed by God. This imagery is a powerful reminder that God is actively involved in His creation and cares for even the smallest creatures. If God provides for the birds, how much more will He provide for us, His children? This assurance invites us to trust in God's care and to release our anxieties into His capable hands, knowing that He is aware of our needs and will meet them in His perfect timing.

The lilies of the field offer another lesson in trusting God. They do not labor or spin, yet they are adorned with beauty greater than Solomon's royal garments. This comparison highlights the futility of striving for what God freely gives. Our efforts to control and provide for ourselves can lead to unnecessary stress and anxiety. Instead, Jesus calls us to rest in His provision, recognizing that God clothes the grass of the field, which is here today and gone tomorrow. How much more will He care for us, whom He loves deeply?

A central theme in this passage is the call to seek God's kingdom first. Jesus instructs us to prioritize our relationship with God and His righteousness above all else. When we focus on God's kingdom, our perspective shifts from our worries to His purposes. This does not mean our concerns disappear, but they are reframed in light of God's eternal plan. As we align our hearts with God's priorities, we find peace in knowing that He will provide for our needs as we seek His will.

Jesus also addresses the futility of worry. He asks, "Can any of you by worrying add a single hour to your life?" This rhetorical question underscores the ineffectiveness of anxiety. Worrying cannot change our circumstances or extend our lives. Instead, it often robs us of joy and peace. Jesus invites us to trust in God's sovereignty, recognizing that He is in control and that our worrying does not alter His plans. By releasing our anxieties to God, we can experience the peace that comes from trusting in His perfect timing and provision.

In this passage, Jesus acknowledges the reality of our needs but reassures us that our Heavenly Father knows them. This is a profound comfort, reminding us that we are not alone in our struggles. God is intimately aware of what we need and is actively working to provide for us. This assurance invites us to bring our concerns to God in prayer, trusting that He hears us and will respond according to His will. As we cultivate a habit of prayer, we can experience the peace that comes from knowing that God is attentive to our needs.

Jesus concludes this teaching by encouraging us not to worry about tomorrow, for each day has enough trouble of its own. This wisdom invites us to live in the present, trusting God for today and leaving the future in His hands. By focusing on the present, we can better manage our anxieties and experience God's peace. This does not mean we ignore planning or preparation, but rather that we do so with a heart of trust, knowing that God holds our future and will guide us each step of the way.

As we reflect on this passage, we are reminded that anxiety often stems from a lack of trust in God's provision. Jesus calls us to a life of faith, where we trust in God's care and seek His kingdom above all else. This requires a daily commitment to surrender our worries to God and to trust in His goodness. As we do, we can experience the peace that surpasses all understanding, knowing that God is with us and will provide for our needs.

In summary, Matthew 6:25-34 invites us to shift our focus from our worries to God's provision. Jesus reassures us of God's care for His creation and calls us to seek His kingdom first. By trusting in God's provision and living in the present, we can experience the peace that comes from knowing that our Heavenly Father is in control. As we journey through this study, may we grow in our trust in God and find peace in His presence, knowing that He is with us in every circumstance.

Living It Out

This week, take time each day to reflect on God's provision in your life. Consider keeping a gratitude journal where you write down specific ways God has provided for you, both in the past and present. As you do, let this practice remind you of God's faithfulness and encourage you to trust Him with your current anxieties.

Make a conscious effort to seek God's kingdom first in your daily routine. This could involve setting aside time for prayer and reading Scripture before starting your day or finding ways to serve others in your community. As you prioritize God's kingdom, notice how your perspective on your worries begins to shift.

Discussion Questions

1. What specific worries tend to occupy your thoughts, and how do they affect your daily life?
2. How does Jesus' teaching about the birds and the lilies challenge your understanding of God's provision?
3. In what ways can seeking God's kingdom first help alleviate your anxiety?
4. Why do you think Jesus emphasizes living in the present rather than worrying about tomorrow?
5. How can you cultivate a habit of trusting God with your needs?
6. What practical steps can you take to remind yourself of God's faithfulness in times of anxiety?

LEADER NOTES

As you guide the group through this week's study, encourage participants to share openly about their struggles with anxiety. Create a safe and supportive environment where everyone feels comfortable expressing their thoughts and feelings.

Be mindful of the time spent on each discussion question, as some may require more reflection and conversation. Encourage participants to keep their responses concise to allow everyone a chance to share.

Remind the group that this study is a journey, and growth in trusting God takes time. Encourage patience and grace with themselves and others as they work through these important topics.