

Series: KINGDOM CULTURE

Title: Anxious Days, Anxious Nights

Speaker: Kip McCormick

Date: November 21, 22 2020

1. What meant the most to you from Kip's message this week?

Read Jesus' words in Matthew 6:19-34.

2. What did Kip mean by, "You win the battle of anxiety in the margins of the mundane"? What are those margins and how do they make a difference?
3. Jesus calls us to not worry about not having enough wealth (retirement, checking and savings account) toilet paper and groceries, clothes, and not having enough time to do what needs to be done (Luke 12:25). These are all basic needs. Which one concern do feel that the urge to worry about the most? Ask your friends to pray about that.
4. What does the Greek word for worry in Matthew 6:25 mean and how does knowing that help us fight anxiety? How did Kip use the idea of marinating our brains in anxiety sauce?
5. Kip challenged us, "to go to the land of even if not what if. What's that about and how does it help?"
6. What white space (escape routes) have you found that don't make things worse?
7. **Read Matthew 11:28-30. How does the voice of anxiety sound different from the voice of Jesus?
8. Would you tell the group that you'd take a challenge to journal answers to prayer?
9. From Ephesians 6:10-18 how do we battle a world of anxiety?

Further Resources:

You can download our "Healthy Rhythms" e-book at <https://www.cornwallchurch.com/wp-content/uploads/2020/05/HealthyRhythmsWorkbook.pdf>