



Week 13 | Age of Anxiety (Part 2)

Take this week or next week together as a LifeGroup to go through the LifeGroup Health Survey instead of the LifeGroup Guide. You can scan the QR code below using the camera on your smartphone or follow this link. Leaders, please refer to your Groups Team Update email for more directions.



For LifeGroup training resources check out [MidtownLifeGroups.com](https://www.midtownlife.com)

1. Catch Up On Life:

As a church family, we care about each other's lives: what we're celebrating, what we're mourning, what decisions we are praying through, and everything in between (1 Thessalonians 2:8, Romans 12:10, 15).

Suggested time: 10-20 minutes

- How are you doing?
- What can you thank God for this week?
- When were you most aware of Jesus' presence this week?
When were you least aware of Jesus' presence this week?
- Do you have any practical needs? (If so, please visit our [Needs](#) page)

2. Review the Mission:

Just like God the Father sent Jesus on a mission of reconciliation for us, Jesus sends us out as ambassadors of His reconciliation. We are called to make disciples wherever we go. (John 20:21 and 2 Corinthians 5:18-20)

Suggested time: 10-20 minutes

- **People:** Who in your life can you be building with right now? What does that look like during this season?
- **Plan:** Are there any rhythms planned (virtual or in-person) that we can invite these friends into? What spiritual conversations do you want to initiate with them soon?
- **Pray:** Let's pray for our people by name; pray for their needs, opportunities to connect, and opportunities to have spiritual conversations that help them take next steps toward Jesus.

For tools and resources to grow in your walk with Jesus, go to [FollowingJesusTogether.com](https://www.followingjesus.com)

3. Scripture & Sermon Discussion:

God uses His Word to reveal Himself to us, equip us to live the good life He's designed for us, show us our sin, and strengthen us as we follow Him (2 Timothy 3:16-17, Colossians 1:9-12, and James 1:22-25).

Suggested Time: 20-40 minutes

i. Scripture Discussion

Primary Passages: **Matthew 6:19-34**

Read **Matthew 6:19-34** out loud. Spend some time silently reflecting and journaling the following questions as a LifeGroup.

- What stands out from the passage?
- What does this passage reveal to us about God?
- What does this passage reveal to us about people?
- Share with one another what you thought, reflected, and wrote about.

ii. Sermon Discussion

What stood out to you from the sermon?

In the sermon we said anxiety only offers us a half-truth, it focuses primarily on the brokenness around us but doesn't see God at work in and through it. In the last week, where have you been anxious? Why?

In the passage, Jesus addresses our anxiety with soft words of comfort and hard words of rebuke. To fight anxiety we need both of them. Describe positive examples when someone's given you words of comfort and words of rebuke to address your anxiety.

In verse 33, Jesus invites us to shift our fundamental perspective away from what makes us anxious and towards His kingdom. As a LifeGroup, we want to help one another take these next steps of repentance. So

during this time, we'll go around and allow some time for each person to take the "love seat." One person will go at a time, and others in the LifeGroup will have the opportunity to lovingly offer both words of comfort and words of rebuke to address whatever anxiety that person is going through. These concerns are to be brought with humility and graciousness.

(Important note: If you're a co-ed LifeGroup, split up by gender now to do this. If your group is over 6 people, consider breaking up into smaller groups of 3-4 to do this.)

4. Engage the Heart:

Jesus calls us to walk in the light, confessing our sins to God and each other. God's Spirit works through confession and community to lead us to repentance. (Romans 3:23-24, James 5:16 and 1 John 1:5-10)

Suggested Time: 10-20 minutes

- How are you doing abiding with Jesus this week in Scripture and prayer? (If you haven't yet, consider following along in our [Matthew Bible Reading Plan](#) and working through our practice for this series, [journaling](#).)
- What sin do you need to confess to God? (As people confess sin, make sure to remind one another of the good news Jesus offers. If need be, use the worksheet "Go-to Verses for Gospel Fluency" at [FollowingJesusTogether.com/confession](#))

Pray: Close your time together by praying for one another

- Pray for the Spirit to work in you as you take steps of repentance
- Pray for God to meet the needs of those in your group
- Pray for the sick and vulnerable at this time of crisis