



# Transform

Learning to become like Jesus

## Small Group Notes

**Text:**  
**Matthew 6:25-34**

**Title:**  
**Transformation through trust**

### Further scriptures:

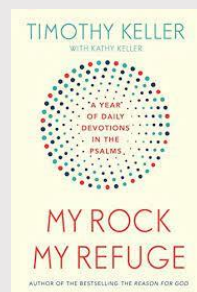
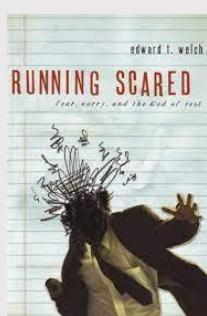
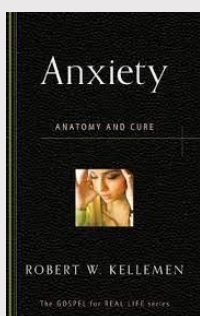
Luke 12:22-34

Phil. 4:1-9

Isaiah 30:15

Proverbs 3:5-8

Col. 3:15



This week we looked at the issue of anxiety; why it is a problem in our lives and what the alternative that Jesus offers us is. We saw that He invites us to submit our lives to his rule and seek him, trusting all that we would be anxious about into His loving hands.

### Reflect

1. What most impacted you from the passage or from the preach?
2. What are the 3 problems with anxiety that Jesus identifies? (Look at v25-26, 27 and 31-32 specifically).
3. What did you think about the idea that God has given each us a 'call to vigilance' but that anxiety is 'vigilance out of control and turned in on itself'?
4. What is the alternative to anxiety? How does seeking the kingdom help us walk in peace?
5. 'Wanting God to help me is not the same as wanting God to be God'. Discuss.

### Respond

1. What place does anxiety have in your life? What things do you get anxious about and how does anxiety manifest itself? (Refer to the Practice Sheet for help identifying the sources and symptoms of anxiety).
2. What do you think is at the root cause of your anxiety?
3. Look at v26. Do you receive your value from God, or do you find yourself seeking value and validation in other ways?
4. Why do we find it hard to trust in God? Are there any places in your life or thinking where there is a disconnect between your 'professed theology' (what you say you believe) and your 'practiced theology' (what you believe demonstrated by how you live)?
5. Look at Phil. 4:1-9. What practices does Paul give us to help us walk in victory over anxiety?

### Practice

1. What steps are you going to take to gaining victory in anxiety?

### Further reading

Anxiety: Anatomy & Cure, The Gospel for Real Life Series, *Robert Kelleman*

Running Scared: Fear, worry and the God of Rest, *Edward T. Welch*.

My Rock, My Refuge, *Timothy Keller*