



## Matthew 6:25-33

Based on "Peace in the Middle of a Pandemic - Part 1" by David Platt, Pastor-Teacher (March 15, 2020)  
View message at [mcleanbible.org/sermons](http://mcleanbible.org/sermons) or the MBC App (available on [iTunes](#) and [Google Play](#))

### Seven Realities amid Anxiety:

1. Your life is about more than anything this world offers you.
2. Your life is about trusting the God who eternally values you.
3. Avoid anxiety because it's unhelpful.
4. Avoid anxiety because it's for unbelievers.
5. God, your Heavenly Father, knows all that you need.
6. God, your Heavenly Father, will supply all that you need.
7. God guarantees you mercy today for trouble today, and mercy tomorrow for trouble tomorrow.

### Discussion Questions:

1. The definition of anxiety shared in this week's message was, "carrying concerns in this world in such a way that we lose perspective on life and/or lack trust in God." Based on this definition, in general, would you consider yourself an anxious person? Where do you tend to experience anxiety in life?
2. Where have you felt the most anxiety over recent days? What concerns or burdens have you been carrying this week?
3. Read 2 Corinthians 11:28. Here we see Paul exhibiting a healthy example of care and concern. What are certain things that God has called us to be concerned about? How do we experience and demonstrate this care and concern in a healthy way?
4. Read Colossians 3:1-4 & 1 Peter 1:3-9. How can setting our minds on eternity help us rightly respond to anxiety we may feel today?
5. Think of a time in the past when God demonstrated His power and strength to you in clear ways. What did you learn about His character in that experience? How did that experience impact your faith and trust in the Lord?
6. Reread Proverbs 12:25. What "good words" from Scripture might you personally hold fast to daily during this pandemic or in other times of anxiety and worry? Read through the following verses that are promises of Jesus: Matthew 11:28-30, Matthew 28:20, John 11:25, John 15:10-11, John 16:33. How might these promises help shape our thoughts, beliefs, and actions?
7. Consider 1 Corinthians 12:26, 2 Corinthians 4:6, and John 13:34-35. The church is coordinating many opportunities for us to collectively serve and care well for our city during this historically difficult time. As individuals and/or as a group, how will it uniquely look for us to a) deepen our group's fellowship and love for one another, and b) allow God to shine His light through us to our families and friends (including our church family), our neighbors, our city, and the world?
8. In the days ahead, how can your group remain connected to each other to prevent falling into isolation? Visit the [Resources for Groups](#) from practical tools you can use to stay connected.



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9. How can your group members pray for you in the days ahead? Before you pray, read through the following promises of God and allow them to shape how you pray for each other today, and in the days ahead: Deuteronomy 31:8, Joshua 1:9, Psalm 34:10, Psalm 75:3, Isaiah 40:29 & Isaiah 41:10.