



# RSM CONNECT

It's our desire at the Rock for your families to be able to CONNECT and have good conversation through using the messages over the weekend along with our "Beyond the Message" podcast. We're praying that your families will have a beneficial time around the Word. For more information, sermons and resources visit [www.mcleanbible.org](http://www.mcleanbible.org)

## CONNECTION

- Since this past week's message dealt with anxiety, what do you think it means for someone to be anxious? One of the things that was discussed in the message and on the podcast was the statistic that people are 3x more likely to be more anxious than the generation before them, why do you think that is? How might social media contribute to the anxiousness that people feel?
- Read Proverbs 12:25. What does it mean for someone's heart to be weighed down? (Leaders, this would be good opportunity to reference the illustration Pastor David used in this sermon with the backpack). Let's think about other students your age, what are the things you've seen "weigh down" your friends? What about for you?
- 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." What's the difference between being concerned about something in this world versus being concerned about something in this world in a way that we lose perspective on life and/or lack trust in God? How might some of the concerns in this world that we've talked about cause someone to lose perspective on life or weaken their trust in God?
- If, according to Proverbs 12:25, a "good word makes him glad", what good word does the Bible have for us that can comfort and encourage us when the world's concerns are starting to weigh us down? What's one of your favorite Bible verses that offer encouragement to you during times where you most need it, and how does it encourage you? (Some scripture to consider reading 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?)
- Read Matthew 6:25-34. What is encouraging about this passage? What is convicting about this passage? (Perhaps you could take time to also read through the 7 points from this past week's message and talk through a few of them)

## APPLICATION

Do you think a Christian student your age should be weighed down by the concerns of this world less, more, or about the same as a non-Christian student your age? Why? How might this week, the way you show trust in God and display a right perspective on life be a witness to your non-Christian friends and family?

What point or thought that we've discussed can you put into practice this week to encourage you to have the right perspective on life and maintain complete trust in God?

How can we pray for you and your family this week? What would you like me to keep you accountable about for this week that I can ask you about when we meet next week?

For more information check Rock Instagram pages and [www.mcleanbible.org](http://www.mcleanbible.org)