

# Sermon Study Guide



## #2: Worthless Worrying and Easing Anxieties

LOCKDOWN: A Biblical Guide for Times of Uncertainty  
March 29, 2020 | Dr. Stephen G. Tan

### Reflect

What are the top 5 things you worry about? Does worrying about those things help or hinder you? Does worrying about those things improve the situation in any way? How does your worrying and anxieties affect you physically, emotionally, and spiritually? Has it affected your family or friends in any way?

### Read and Discuss

#### Scripture

Matthew 6:25-34

#### Discussion Questions

1. What does “trusting God” look like in your life? If you say you trust God in all things, why do you still worry? Think about the attributes of God, can you really trust Him? Does trusting God mean you don’t make any preparations and stay informed?
2. When you are worried, how does seeking the Lord first lessen your worry? What are some tangible spiritual things you can do to ease your anxieties and reduce your fears? How does practicing spiritual disciplines (i.e. seeking first the Lord) like prayer and reading the Bible change your attitude of worrying?
3. How do you entrust to God your worries and anxieties? How can you remind yourself daily to do this? Are you able to really let go of your burdens and worries and give them to the Lord in prayer?

### Respond

**In Walk:** The Lord Jesus told us not to worry about anything. He loves us and cares for us. If He can take care of the birds, how much more for us? We are far more valuable than the birds—Jesus Christ did not die for them; He died for *us*. Worrying cannot add even an hour to our life, in fact worries could just stress us out. So instead of worrying, cast all your cares Christ because He cares about you (1 Peter 5:7). Seek the things of God; turn anxiety into action: pray, read His Word, spend time with your family. The troubles of today may not be there tomorrow. Entrust to God your problems. How can you show concern about what’s going on in the world with Covid-19 without worthless worrying? What other anxieties do you struggle with that you should entrust to our Heavenly Father?

**In Prayer:** Heavenly Father, thank You that You love and care for me. If You can send Your Son Jesus Christ to die for me because of your great love, how much more meeting my other needs. And so, there really is no point for me to worry about anything, but to entrust to you all my cares. At this time of fears and worries because of Covid-19, please help me to show concern by praying for those who are affected, as well as for the frontliners who are risking their own lives to save the affected. Please help me to listen, support, and cooperate with my government. Give me wisdom to know how else I could help and be an encouragement to others instead of wasting my time and energy worrying. In Jesus Name, Amen.