

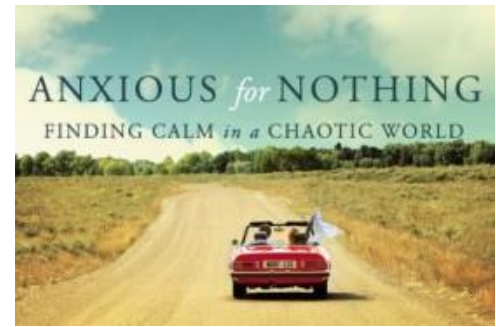


SPX Small Groups

Life is Better Together

Anxious For Nothing: Week 2

October 11: 28th Sun. in Ordinary Time



- 1) Last time we talked about rejoicing in the Lord always. Has doing so in the past week helped you be more peaceful since we last met?
- 2) Describe someone in your life who always seems calm or even upbeat when things go wrong. What keeps them so steady?

Watch the video now
- 3) What did you most need to hear in the video? What questions did it raise?
- 4) In the video, Max told a story of a little girl struggling with her shoelaces, not realizing her Father was near and could help. Can you describe a time when it never even occurred to you to ask God for help? Or a current situation where it might be good to ask for God's help?
- 5) Fr. Mike said that St. Paul's ability to remain calm and hopeful in a crisis was a result of knowing the Lord is near.
 - a. What are some things that prevent you from believing or recognizing that the Lord is near?
 - b. Do you have a favorite verse from scripture to remind yourself of God's nearness? (If not, look at the passages from the next page and choose one).
- 6) We sometimes fall into a trap of believing that ours is the only acceptable outcome to a problem. Yet we know we don't always see where God is leading us. When has God taken you on a path you would not have chosen? How did that situation help you to be more flexible or to trust God more deeply?
- 7) Our focus this week is the verse "Your kindness should be known to all. The Lord is near." (Phil 4:5). How is kindness or gentleness a choice you can make? How is gentleness something you can tap into, rather than conjure up on your own?
- 8) Has your faith ever helped you to stay "contagiously calm" for someone having a crisis?
- 9) Knowing that there will always be troubles in life, what specific steps can you take to respond calmly when anxieties next weigh heavily on your shoulders?

Closing Activity – see next page

Scripture Verses to Help Remember God Is Near

- Even though I walk in the dark valley I fear no evil; for you are at my side with your rod and your staff that give me courage. Psalm 23:4
- For I am convinced that neither death, nor life, nor angels, nor principalities, nor present things, nor future things, nor powers, nor height, nor depth, nor any other creature will be able to separate us from the love of God in Christ Jesus our Lord. Rom 8:38-39
- I command you: be strong and steadfast! Do not fear nor be dismayed, for the LORD, your God, is with you wherever you go. Joshua 1:9
- Peace I leave with you; my peace I give to you. Not as the world gives do I give it to you. Do not let your hearts be troubled or afraid. John 14:27
- I sought the LORD, and he answered me, delivered me from all my fears. Psalm 34:5
- The LORD is my light and my salvation; whom should I fear? The LORD is my life's refuge; of whom should I be afraid? Psalm 27:1
- So humble yourselves under the mighty hand of God, that he may exalt you in due time. Cast all your worries upon him because he cares for you. 1 Peter 5:6-7
- The LORD is with me; I am not afraid; what can mortals do against me? Psalm 118:6
- But now, this is what the LORD says— he who created you, Jacob, he who formed you, Israel: "Do not fear, for I have redeemed you; I have summoned you by name; you are mine." Isaiah 43:1
- It is the LORD who goes before you; he will be with you and will never fail you or forsake you. So do not fear or be dismayed. Deut 31:8
- As mountains surround Jerusalem, the LORD surrounds his people both now and forever. Psalm 125:2
- Do not fear: I am with you; do not be anxious: I am your God. I will strengthen you, I will help you, I will uphold you with my victorious right hand. Isaiah 41:10

Closing Activity – Take out your smart phone and set a daily reminder of God's nearness or a promise he made. It could be one of the verses above, or just the statement – Remember, the Lord is near. If you don't have this capability on your phone, write the note on a piece of paper and put it somewhere you will see it frequently. The goal is to find any way to remind yourself of God's nearness each day.

Bible Study Personal Extra: For those of you who enjoy digging a bit deeper, look up these passages and think about these questions:

- 1) What common themes do you see in the verses on the previous page?
- 2) Read Exodus 3:7-12. What fear does Moses express in verse 11? How does God respond?
- 3) Read Gal 5:22-25, Phil 2:13, and 2 Peter 1:3. What promise is given in each of these verses? According to these verses, where is the source of your calmness?
- 4) Read John 16:33. What is something Jesus has overcome in your life?
- 5) In Romans 8:38-39, Paul makes a list of things that cannot separate us from God. Take a moment to create your personal own version of this list. You might consider including poor decisions you have made, unkind words, or moments of doubts.
- 6) Read Daniel 2:1-23. How did Daniel react differently from the astrologers? What did each focus on? When Daniel asked for God's help, how did God answer?

Video link: <https://www.studygateway.com/online-bible-studies/anxious-for-nothing-study-home/session-2-let-your-gentleness-be-evident-to-all/>

Questions and Activities adapted from Max Lucado, *Anxious for Nothing Study Guide*, (Nashville: Thomas Nelson, 2017).