

FAITH AND ANXIETY

Matthew 6:25-34

Philippians 4:4-9

Awareness

Before listening, reflect:

- What is anxiety? Do you think anxiety is a sin? Why or why not?
- Is it possible to have a strong faith and still struggle with anxious thoughts or feelings?

Anxiety is a natural part of the human experience. But everyone experiences anxiety differently. As believers, we often encounter mixed messages about anxiety and faith. Is it a sin? Does having anxiety mean that our faith is weak and we don't trust God enough? When anxiety takes hold and disrupts life, there are many valuable tools like therapy and medication available to help us live more healthy lives. But for clarity about anxiety and our faith, we turn to Scripture. There we find deep encouragement, lasting support for our faith, and God's peace. Whether anxiety affects your daily life in small ways or big ways, join us to find comfort and guidance in God's Word.

Listen: [Faith and Anxiety](#)

Reflection

After listening, consider:

- In segment 1, Dr. Chuck DeGroat says: "...I actually think that our anxiety, our depression, are pathways to deeper intimacy with God. They invite us to wrestle with God, and so, jump into...that wrestling ring with God rather than going through a simple behavior modification process that makes the anxiety go away for just a few minutes, but doesn't actually invite you into a deeper relationship with God." Does that resonate or clash with other messages about faith you've heard from Christians about anxiety? Why?
- What do you think about host Scott Hoezee's observation in segment 2 that it would be a misapplication of Matthew 6:25-34 to apply it to a situation in which there is a clear and legitimate need? Do you agree or disagree that it more appropriately applies to situations in which we have enough and yet worry? Read Matthew 25:31-46. How might these verses inform this conversation?
- Read Psalm 94:18-19. What do the words of King David tell you about about the relationship between faith and anxiety?
- If you're worried or anxious about something in your life, what do you pray for? What might you say differently if you also prayed to feel God's presence, his joy, and his peace in the midst of your experience? How might that prayer deepen your relationship with God or affect you spiritually?

Related Passages

- **Luke 15:25-32**
- **John 14:27**
- **Isaiah 26:3**
- **Psalms 94:18-19**

Conclusion

How might you remind yourself of God's presence in times of great worry or anxiety? Reread Matthew 6:25-34, Philippians 4:4-9, Isaiah 26:3, and Psalm 94:18-19. Rewrite one or two of these passages as prayers that you could pray when anxiety or worry take hold.

<https://groundwork.reframemedia.com/episodes/faith-and-anxiety>

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