



IT'S OKAY NOT TO BE OKAY

MENTAL HEALTH SERMON SERIES

ANXIETY & WORRY

SEPTEMBER 17, 2023

Pastor Mark Prugh

Instructions for using these Discussion Guides:

Immanuel Church

www.lansdale.church

1260 Welsh Rd.
Lansdale, PA

Encourage your group
to check out the

RESOURCE PAGE
(click link above)

on our website each week
for supplemental resources
for this sermon series:

**Scriptures,
Book suggestions,
Podcasts,
Apps,
Spotify Music playlists,** etc.

If you have any questions
or feedback,
please contact:

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Leader preparation:

Pray: When preparing to lead your group, take a few minutes to pray. Ask the Holy Spirit to help you focus and zero in on what will be important to your group.

Watch /Listen: If you did not hear the sermon live, please watch the video or listen to the audio available on the church website www.lansdale.church/pastservices.

Review: Read through the attached sermon text. Print it out and mark it up as you read. Make notes as discussion ideas come to mind.

Print: Read through the attached discussion guide. Print copies of page 2, the group discussion guide, for each member of your group. Print one copy of the other pages just for you and your reference. Feel free to modify the handout to fit the needs of your group.

Pray: When concluding your preparation to lead your group, pray again that the Holy Spirit would bring alive in your heart and mind the salient points of the material, and give you wisdom and grace when you lead the discussion.

What's included:

A copy of the sermon manuscript. *NOTE: This is your best source for background information for discussion.*

- The Discussion Packet:
 - Page 1 - Instructions
 - Page 2 - This is the handout for the group.
 - Page 3 - This is the leader's guide with quiz answers & some discussion suggestions.
 - Page 4 - Additional (optional) discussion support material for leaders.

Tips for facilitating the group:

Open With Prayer: After people have gathered and spent time chatting, this will help focus them on the study.

Pop Quiz: Do the pop quiz together. Have fun with this. This is a good way to help people loosen up and ease into more serious discussion.

Looking Back: These three questions will be repeated for every sermon. This will help people recall the sermon topic, share how they may have applied the truths, and give them a chance to ask questions that came up since hearing the sermon.

Getting Practical: These are some general questions to help encourage discussion. Feel free to add other questions. Be patient when there is silence. Don't rush an answer just to fill the silence. Listen to the discussion to discover follow on questions to keep the discussion going.

Three Sermon Points To Remember: These are intended to help pull the discussion together into memorable chunks.

This Week's Application Challenge: Application is important! Remember, we are not just to be hearers of the word, but also doers. Encourage people to ask the Holy Spirit to guide them in finding unique ways to apply what they've learned from the sermon and discussion.

Close in Prayer: This is a good time to take requests and pray for one another.



It's Okay Not to Be Okay
ANXIETY & WORRY
GROUP HANDOUT
SEPTEMBER 17, 2023

POP QUIZ:

1. Approximately how many adults in America report symptoms of anxiety?
A. About 1 in 10 B. About 2 in 10
C. About 4 in 10 D. About 8 in 10
2. The Greek word Jesus used for anxiety - "Merimnao" - is synonymous with (means the same as):
A. Worry B. Stress C. Doubt
3. Pastor Mark listed five "cures" for anxiety. How many can you remember? (Fill in):
1. _____ 2. _____ 3. _____ 4. _____ 5. _____

LOOKING BACK (Discuss)

1. What was the main point of last Sunday's sermon as you recall it?
2. During the past week, how did you apply in a practical way something you learned from the sermon?
3. What questions did the sermon bring up in your mind?

GETTING PRACTICAL (Discuss)

What type of anxiety is Jesus referring to when He tells us to "not worry"? What type of anxiety is He NOT referring to? What are three causes of anxiety? How can we work through anxiety? What does it mean to "seek first the Kingdom of God"?

SERMON POINTS TO REMEMBER (Discuss how to apply these):

1. Anxiety often results from: our effort to control, our response to loss, and not staying in the present.
2. Actions that can help to "cure" our anxiety include: a. "normalize" it – accept that sometimes you will be anxious b. practice being present c. get into nature, d. connect with community e. seek first God's Kingdom.
3. As we seek first the Kingdom of God, Jesus can set us free from a lifestyle and mindset of anxiety and worry.

THIS WEEK'S APPLICATION CHALLENGE (Do):

Write below or on the back how you will specifically apply, when engaging with another person (at home, work, or in your neighborhood) what you've learned from this week's sermon...



It's Okay Not to Be Okay
ANXIETY & WORRY
LEADER PAGE
SEPTEMBER 17, 2023

POP QUIZ:

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A. About 1 in 10 B. About 2 in 10
C. About 4 in 10 D. About 8 in 10
2. The Greek word Jesus used for anxiety - "Merimnao" - is synonymous with (means the same as):
A. Worry B. Stress C. Doubt
3. Pastor Mark listed five "cures" for anxiety. How many can you remember? (Fill in):
1. Normalize it 2. Practice being present 3. Get into nature 4. Connect with community 5. Seek first God's kingdom

LOOKING BACK (Discuss)

1. What was the main point of last Sunday's sermon as you recall it?
God is calling us away from a destructive, anxious mindset, to a better life – grounded not in circumstances, but in His good character. Jesus is saying "turn to Him" and He can lead us out of a lifestyle of worry and anxiety.
2. During the past week, how did you apply in a practical way something you learned from the sermon?
3. What questions did the sermon bring up in your mind?

GETTING PRACTICAL (Discuss)

What type of anxiety is Jesus referring to when He tells us to "not worry"? What type of anxiety is He NOT referring to? What are three causes of anxiety? How can we work through anxiety? What does it mean to "seek first the Kingdom of God"? **(See the sermon)**

SERMON POINTS TO REMEMBER (Discuss how to apply these):

1. Anxiety often results from: our effort to control, our response to loss, and not staying in the present.
2. Actions that can help to "cure" our anxiety include: a. "normalize" anxiety b. practice being present c. get into nature, d. connect with community e. seek first God's Kingdom.
3. As we seek first the Kingdom of God, Jesus can set us free from a lifestyle and mindset of anxiety and worry.

THIS WEEK'S APPLICATION CHALLENGE (Do):

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DISCUSSION SUPPORT MATERIAL (For Leaders)

Main Scripture: Matthew 6:25-34 (NLT) ⁵ "For this reason I say to you, ^[a]do not be worried about your ^[b]life, as to what you will eat or what you will drink; nor for your body, as to what you will put on. Is life not more than food, and the body more than clothing? ²⁶ Look at the birds of the sky, that they do not sow, nor reap, nor gather crops into barns, and yet your heavenly Father feeds them. Are you not much more important than they? ²⁷ And which of you by worrying can add a single ^[c]day to his ^[d]life's span? ²⁸ And why are you worried about clothing? Notice how the lilies of the field grow; they do not labor nor do they spin thread for cloth, ²⁹ yet I say to you that not even Solomon in all his glory clothed himself like one of these. ³⁰ But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the furnace, will He not much more clothe you? You of little faith! ³¹ Do not worry then, saying, 'What are we to eat?' or 'What are we to drink?' or 'What are we to wear for clothing?' ³² For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things. ³³ But ^[e]seek first ^[f]His kingdom and His righteousness, and all these things will be ^[g]provided to you. ³⁴ "So do not worry about tomorrow; for tomorrow will ^[h]worry about itself. ^[i]Each day has enough trouble of its own.

For discussion: What does this passage mean to you? Is it comforting? How so? What would a worry-free life look like for you?

Sermon Highlights & Additional Scriptures:

Pastor Mark offered an acronym (acrostic) – "4C's" to "breakdown" this passage.

1. **CUES (signs and symptoms) of anxiety:** *Psalm 22:15-19* 2
2. **The COMMAND of anxiety:** *Matthew 6:25 and 31. Mark 14:32-33* **Explore reactions to the "command" not to worry. How do we differentiate in our lives between "normal" anxiety, and a destructive lifestyle or mindset of anxiety and worry?**
3. **The CAUSES of anxiety Which of these, below, most frequently presents a challenge in your own experience? Examples?**
 - Effort to control things/people out of our control. *Matthew 6:29* **What does it mean to "let go"?**
 - Not believing in God's good character when we are confronted with losses *Matthew 6:30, Job 1:21-22*
 - Not staying in the present. *Matthew 6:34*
4. **The CURE for anxiety** *Matthew 6:33*
 - "Normalize" anxiety
 - Practice being present **What practices can be helpful when trying to stay in the present?**
 - Get into nature
 - Connect with community
 - Seek first God's Kingdom. **Focus here. What does this mean, exactly? How do we practically do it?**

Provide group members opportunity to share an example of one of these "cures" that has been helpful in their own experience. Which practice/attitude do they intend to apply in their lives this week? What barriers or hindrances might present - and how can they plan to address those?