

June 30th – Inside Out – The Acceptable Sin – Troy Knight

1. Read, reflect, and discuss each of these passages individually.
 1. Luke 12:22-25
 2. Philippians 4:2-5
 3. Philippians 4:6-7
 4. Philippians 4:8
2. As you reflect on these passages as a whole, what stands out the most to you? Why?
3. As you reflect on the message, what one principle or insight stands out as being particularly
 - helpful?
 - insightful?
 - difficult to grasp?
 - challenging?
4. What do the passages and the message teach you about God? What do they teach you about yourself?
5. How could the next week be different if you incorporated these truths into your life?
6. If time allows, read and discuss this passage from gotquestions.org.

“Probably the best-known passage on anxiety comes from the Sermon on the Mount in Matthew 6. Our Lord warns us against being anxious about the various cares of this life. For the child of God, even necessities like food and clothing are nothing to worry about. Using examples from God's creation, Jesus teaches that our Heavenly Father knows our needs and cares about them. If God takes care of simple things like grass, flowers, and birds, won't He also care for people who are created in His image? Rather than worry over things we cannot control, we should "seek first the kingdom of God and his righteousness, and all these things [the necessities of life] will be added to you" (verse 33). Putting God first is a cure for anxiety.

Many times, anxiety or concern is a result of sin, and the cure is to deal with the sin. Psalm 32:1-5 says that the person whose sin is forgiven is blessed, and the heavy weight of guilt is taken away when sins are confessed. Is a broken relationship creating anxiety? Try to make peace (2 Corinthians 13:11). Is fear of the unknown leading to anxiety? Turn the situation over to the God who knows everything and is in control of it all (Psalm 68:20). Are overwhelming circumstances causing anxiety? Have faith in God. When the disciples became distressed in a storm, Jesus first rebuked their lack of faith, then rebuked the wind and the waves (Matthew 8:23-27). As long as we are with Jesus, there is nothing to fear.

We can count on the Lord to provide for our needs, protect us from evil, guide us, and keep our souls secure for eternity. We may not be able to prevent anxious thoughts from entering our minds, but we can practice the right response. Philippians 4:6, 7 instructs us to "not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus." <https://www.gotquestions.org/Bible-anxiety.html>