

# Virtual Bible Class with Rubel Shelly

## “Do Not Be Anxious” - Matthew 6:25-34

*Here are some review and discussion questions that might help you pursue ideas highlighted in the video segments that discuss this section of the Sermon on the Mount...*

### **Unit 1 – Anxiety: A Good and Bad Thing**

1. How do you react to the quote used to begin this study: *“Living with anxiety is like being stalked by a voice that knows all your self-doubts and insecurities – and is always using them against you. That voice tends to be the only one you hear in a crowded room. Unchallenged, it can fill the room and take over your life”*?
2. What are some of the personal anxieties you have had to address throughout your life? In what is going on around us in this unusual time?
3. Do you agree that there is a *positive* element to anxiety? How does this sort of anxiety help people cope with life? Get ready for a challenge? Gear up for a task?
4. Have you learned to guard against “crossing the line” between a healthy sort of anxiety and the sort of worry that debilitates and cripples? What has helped you with this issue?
5. Why do you think Rubel closed with a warning against hearing Jesus’ words here as a threat or condemnation? Have you ever heard them presented that way?

### **Unit 2 – Getting Past Some Misunderstandings and Judgments**

1. Are you familiar with the term “anxiety disorder” as a mental health issue? Why is it so hard for people to discuss their mental health – as opposed, for example, to their cardiac health?
2. Is it a lack of faith for someone to seek psychological counseling or to take a prescribed antidepressant? Do you think Christians generally understand the difference between, for example, genetically based depression and failure to trust God? Explain your thinking.
3. When Jesus speaks about our worries about food and clothing, what are some of the specifics come to mind? Competition? Desire to impress? Playing “power games”?
4. How does the clarification of one’s priorities in life help avoid anxiety and worry?
5. Close today’s study by reading Psalm 13. What honest anxieties are confessed by the writer? What fears about how others see him? How does he propose to resolve his worries?

### **Unit 3 – This Is an Anxious Generation!**

1. How does it help one deal with worry to distinguish the *things you can control* from the *things that are beyond your control*?

2. What was the Kindle-highlighted text most chosen by readers that was cited in today's video?  
Did that choice surprise you?
3. Read Philippians 4:6-7 from two or three different translations. How does this text from Paul help clarify our text from the Sermon on the Mount?
4. How well have you dealt with the tensions created by COVID-19? Recent racial injustices?  
What relevance does today's text have for framing a Christian response?
5. Close today's study by reading Romans 8:35-39. Pray for strength to believe that God's promises to his children include *you* – and to know more of his peace.