

Running On Empty

Too Anxious To Rest (Week 2)

LifeNotes

TALK IT OVER

Main Idea

God takes care of our needs AND offers us joy-filled peace that leads to rhythms of rest as we find safety and security in the kingdom of God and significance in Christ's righteousness.

Key Scriptures

"Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also. 'The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light, but if your eye is bad, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness!' 'No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money. Matthew 6:19-24 ESV

"Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add a single hour to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' Matthew 6:25-31 ESV

For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you. 'Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.' Matthew 6:32-34 ESV

Rhythms with our Possessions

Give with joy. Give first. Give until it hurts.

1. We resource our church.
2. We support a parachurch ministry.
3. We meet an individual need.

Rhythms with our Attention

Every month, I fast from food and tech.

Every week, I take a sabbath.

Every morning, I pick up my Bible before my phone.

Every night, I pray before my head hits the pillow.

Every anxious moment, I take thoughts captive and consider what's true.

Start talking.

- What is your favorite part of summers in Colorado?
- What are your favorite hobbies right now?

Start thinking.

- Pastor Ryan said that the rhythms we create around our possessions and attention reorient our affections? Do you agree or disagree?
- Read Matthew 6:21-24. Why do you think human beings are so prone to find our safety, security, and significance in temporary things?
- Does generosity really cure our anxiety? What did you think of Ryan's point about generosity and anxiety? What was missing from the point he made and the stories he shared?
- Read Matthew 6:25-31 and Isaiah 26:3. Why does focusing our attention on God decrease our anxiety?

Start sharing.

- How full is your tank in life right now? Running on empty? Half full? Topped off? Why?
- On a scale of 1-10, how much do you struggle with anxiety? When you get anxious, what starts to happen in your life?
- Read Philippians 4:6-9. Do these verses describe your thought and prayer life? Do you give your attention to what is true? Honorable? Noble?

Start doing.

- What rhythms need to be created or renewed surrounding your possessions?
- What rhythms need to be created or renewed surrounding your attention?
- How can you center your mind on God this week (Isaiah 26:3)?