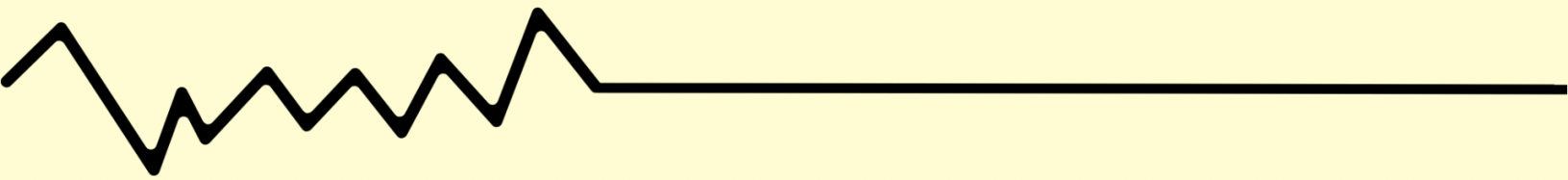


# ANXIOUS



Anxious  
Do I Trust God?  
1 Samuel 24:1–4

We are more anxious than we have ever been. And there doesn't seem to be any signs of anxiety slowing down. We can't keep living like this. Despite the recent rise in anxiety, we aren't the first people to be anxious. All throughout the Bible, people are anxious. One portrait of anxiety that might be able to help us is David. Whether in his life or in his writings, David exhibited anxiety, but he also did something about it.

We can defeat the sin of anxiety when we remember the Lord and prioritize our lives around him.

- As you reflect on the message, what stood out to you? What is something you are still thinking about?
- What is something from the message that challenged you? How are you wrestling with that challenge?
- What question(s) do you have from the message?
- What is at least one practical takeaway from the message?

## 1 Samuel 24:1–4

When Saul returned from following the Philistines, he was told, “Behold, David is in the wilderness of Engedi.” **2** Then Saul took three thousand chosen men out of all Israel and went to seek David and his men in front of the Wildgoats' Rocks. **3** And he came to the sheepfolds by the way, where there was a cave, and Saul went in to relieve himself. Now David and his men were sitting in the innermost parts of the cave. **4** And the men of David said to him, “Here is the day of which the Lord said to you, ‘Behold, I will give your enemy into your hand, and you shall do to him as it shall seem good to you.’” Then David arose and stealthily cut off a corner of Saul's robe.

- What kind of things do you find yourself worrying about? Why do you think you worry about these particular things?
- We've talked about anxiety as a disorder, and now we're talking about anxiety as a sin. How do you distinguish these two types of anxiety?
- In 1 Samuel 24, David has spiritual amnesia and forgets God's promises. How do you tend to forget the Lord?
- Anxiety becomes a sin not only when we forget the Lord but also when we try to control our lives. How did David in 1 Samuel 24 try to control his life?
- How do you try to control your life? How is that working for you?
- If we sin when we forget the Lord that means we fight the sin of anxiety when we remember the Lord. How do you regularly and consistently remember the Lord?
- Look at Matthew 6:25–32. According to Jesus, what should we remember when we remember the Lord?
- In Matthew 6:33, Jesus says, “Seek first the kingdom of God and his righteousness.” What does this practically look like for you? How can you seek the kingdom of God on a daily basis?
- How can seeking the kingdom of God help us defeat the sin of anxiety?
- Pastor Dustin distinguished between control and agency: The Lord has control; we have agency. How do you understand agency?
- How does it make you feel to know that you have agency but not control? Is that freeing or fear-inducing? Why?