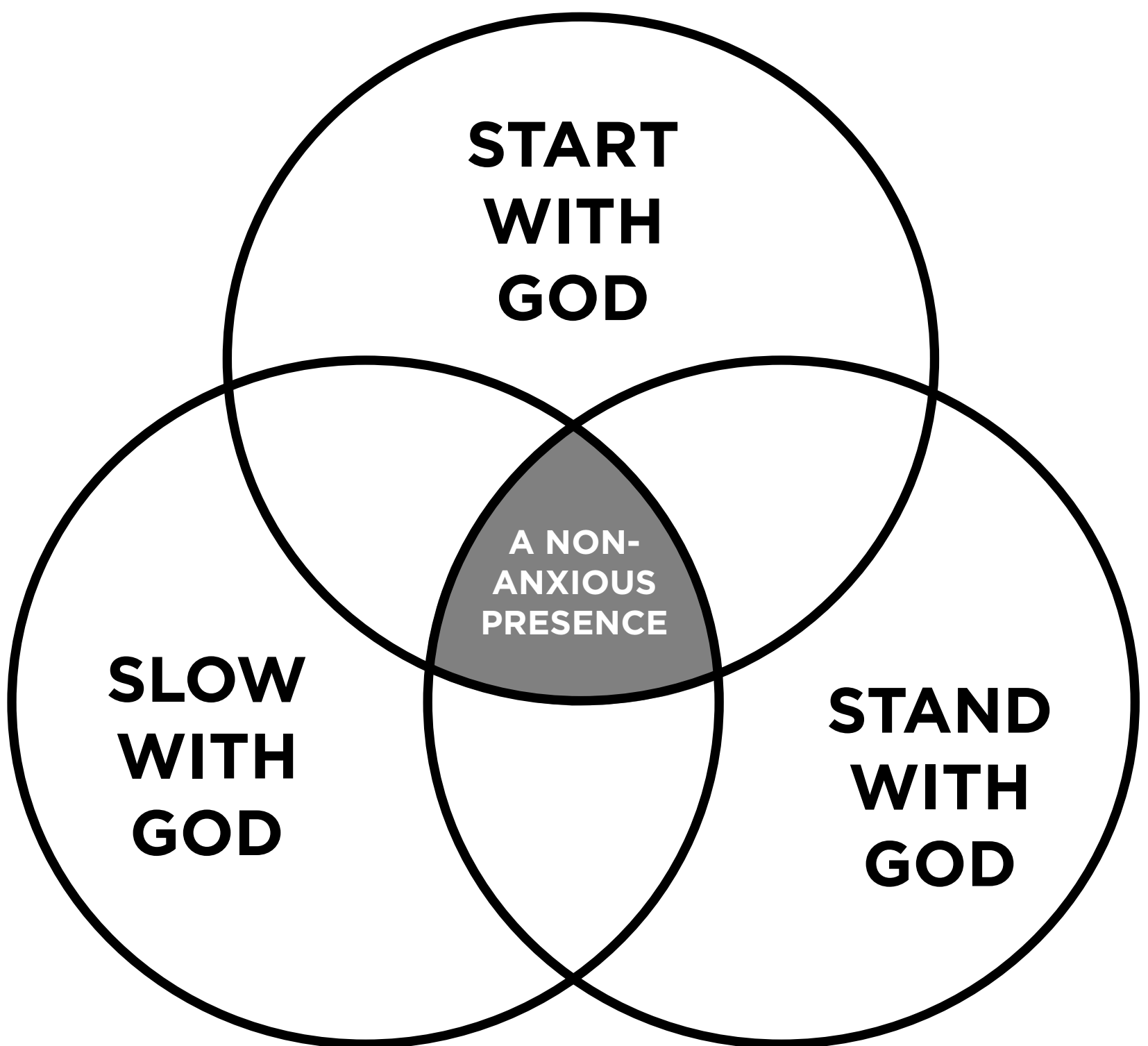


A NON-ANXIOUS PRESENCE



SESSION ONE

A Non-Anxious Presence is accomplished through a life *with* God. This tool provides 3 ways to be with God: start, slow, and stand with God.

SCRIPTURE: Matthew 6:33-34. But **seek first** his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself.

We have to **start** with God every day.

QUESTIONS

1. Do you start your day by spending time with God? If yes, how?
2. How could/ does starting your day with God contribute to a life of less anxiety and more peace?
3. What are the competing forces in your life that grab ahold of your attention as you start your day?
4. What are two things you could do to help you start your day with God?

SESSION TWO

SCRIPTURE: Psalm 23:1-2. The Lord is my Shepherd, I shall not want, he makes me lie down in green pastures, he leads me beside quiet waters.

We have to **slow** with God all the time.

QUESTIONS

1. Slowing doesn't mean, do less, be less productive, or be lazy — it means slow your life down so you can catch up with God. In what ways does your life feel hurried?
2. How does Psalm 23:1-2 speak to your life?
3. Much of our anxiety and worry comes from hurry. What is one tendency or area of life you tend to hurry?
4. How can a slowed down spirituality be a source of peace in your life?
5. Identify 2-3 ways you can be intentional about slowing with God?

SESSION THREE

SCRIPTURE: Luke 12:27-28. Consider how the wild flowers grow. They do not labor or spin. Yet I tell you, not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you—you of little faith

We have to **stand** with God in all circumstances.

QUESTIONS

1. He says don't labor or spin — instead stand! This means catch yourself when you're spinning in worry and literally take your foot off the accelerator of worry. What is something you worry about too much?
2. How can you stand with God through anxious circumstances?
3. Identify one way you will stand with God instead of spin in worry.
4. How has this tool helped you?