



## WEEKLY STUDY

# The Anxiety Free Mindset - Week One

This week we began a new series based on the continued teachings of Jesus in the Gospel of Luke. In [Luke 12.54-56](#), Jesus set the stage for his disciples to understand or interpret the times in which they live. He knew that people of his age were very interested in understanding the natural world around them. They were pretty good at understanding what today's clouds might indicate about tomorrow's weather. But he wanted them to see the signs that point to the larger (Kingdom-sized) things God was up to. May your times of encounter with Jesus this week give you insight into what it means to follow him in these very times we live in.

Peace of Christ,  
Pastor Mark Youngman

If you are studying with your Providence Small Group or Discipleship Group, you can share from your own daily reflections and consider the Group Discussion questions below.. If you would like to get connected visit [prov.church/smallgroups](http://prov.church/smallgroups).

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## DAILY STUDY

### MONDAY: LUKE 12.22-34 (ESV)

*And he said to his disciples, "Therefore I tell you, do not be anxious about your life, what you will eat, nor about your body, what you will put on."<sup>23</sup> For life is more than food, and the body more than clothing.<sup>24</sup> Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds!<sup>25</sup> And which of you by being anxious can add a single hour to his span of life?<sup>26</sup> If then you are not able to do as small a thing as that, why are you anxious about the rest?<sup>27</sup> Consider the lilies, 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.<sup>28</sup> But if God so clothes the grass, which is alive in the field today, and tomorrow is thrown into the oven, how much more will he clothe you, O you of little faith!<sup>29</sup> And do not seek what you are to eat and what you are to drink, nor be worried.<sup>30</sup> For all the nations of the world seek after these things, and your Father knows that you need them.<sup>31</sup> Instead, seek his kingdom, and these things will be added to you.*

<sup>32</sup> “Fear not, little flock, for it is your Father’s good pleasure to give you the kingdom. <sup>33</sup> Sell your possessions, and give to the needy. Provide yourselves with moneybags that do not grow old, with a treasure in the heavens that does not fail, where no thief approaches and no moth destroys. <sup>34</sup> For where your treasure is, there will your heart be also.

- I recall an age when my childhood friends seemed to be consumed by the latest style. It seemed that standing out would be the worst fate imaginable. I know generations change, but we still worry about appearances. When Jesus instructs us not to worry about what we will wear, he is not talking about fashion, he’s talking about necessity. God knows the things you need and he provides them. So seek first the Kingdom (it is God’s pleasure to give it to you!). What worries sometimes consume you? What is required in order to channel that energy of anxiety towards the Kingdom of God?
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- **Prayer Prompt: And my God will meet all your needs according to the riches of his glory in Christ Jesus. (Philippians 4.19)**
- *Father God, you see my need even when I think I’m alone in my distress. Remove my tendency to worry and fill me with confidence to seek your kingdom. Amen.*

## TUESDAY: LUKE 12.22-34 (ESV)

- This teaching from Jesus (and the nearly identical version found in [Matthew 6.29-32](#)) carries a consistent warning against storing up. Don’t store up less important things that won’t last. The things you store up can eventually consume you. As you begin to analyze your own inventory practices, consider how much time you spend daily or weekly keeping track of possessions. Are any of your possessions possessing more of your attention than you’d like? Offer them up in the space below, releasing them to God.
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- **Prayer Prompt: Keep your lives free from the love of money and be content with what you have, because God has said, “Never will I leave you; never will I forsake you.” (Hebrews 13.5)**
- *God, guard my heart against the much-celebrated practice of storing up my treasures.. Amen.*

**WEDNESDAY: LUKE 12.22-34 (ESV)**

- We have spent some time in recent weeks observing Jesus' fixed mindset that kept him on course for Jerusalem and his time of trial. He was trying to pass along his mindset to his disciples so that they would be able to make meaning of the events that laid ahead. His mindset in this passage was an anxiety-free one. Why is it so difficult to guard against anxiety when someone is telling you not to be anxious? Have you developed any practices that help you to face difficult things without feeling anxious? In the space below, ask God to reveal a word or phrase that you might hold on to in times of fear and stress.
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- **Prayer Prompt: Trust in the LORD with all your heart and lean not on your own understanding; <sup>6</sup>in all your ways submit to him, and he will make your paths straight. (Proverbs 3.5-6)**
- *God, I turn to you in these times of trial. You know what I am facing personally and what the world around me seems to be up against. Steady my heart and keep me focused on you. Amen.*

**THURSDAY: LUKE 12.22-34 (ESV)**

- Jesus reminds us of our value to God the Father. A disciple can see how God cares for the simple things in the world around him or her. God provides for birds and plants, not because they are productive, but because he created them. If that's true for them, might it really be true for us too? Is it possible that God sees your value apart from what you do? That is the starting point for a child of God. In the space below, express gratitude for the ways in which God places undeserved value on you. How does God care for you?
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- **Prayer Prompt: When I consider your heavens, the work of your fingers, the moon and the stars, which you have set in place, <sup>4</sup>what is mankind that you are mindful of them, human beings that you care for them?**

**<sup>5</sup>You have made them a little lower than the angels  
and crowned them with glory and honor. (Psalm 8.3-5)**

- *Almighty God, I don't know why you see me like you do. But I owe my life to your care for me. Thank you for placing value on me that is before and beyond anything I could deserve. Amen.*

**FRIDAY: LUKE 12.22-34 (ESV)**

- Left to our own devices, we tend to believe that the accumulation of *more* will be our path to peace. Jesus casts a vision of a peace-filled life for his disciples that includes them giving away self and possessions. Notice that Jesus doesn't promise an easy life, but instead proposes that peace can be found in any circumstance for one of his followers. When do you experience the most peace? What barriers to peace are actually of your own making?

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- **Prayer Prompt: "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." (John 16.33)**
- *Jesus, I want to sit at your feet, free of the entanglement of earthly things. I am grateful for all that you have provided for me, help me to remember the Source. Amen.*

**SATURDAY: LUKE 12.22-34 (ESV)**

- Another translation of verse 29 reads, "Do not set your heart on" what you eat, drink or wear. Our lives are fairly transparent in the end. Others can see what our hearts are set on (often better than we can see it ourselves). Who do you have in your life that provides you with "heart checks"? Do you have a regular time to check in with them?

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- **Prayer Prompt: Your statutes are my heritage forever;  
they are the joy of my heart.**  
<sup>112</sup>**My heart is set on keeping your decrees  
to the very end. (Psalm 119.111-112)**

- *God, would you run an inventory on my storehouse? Reveal to me where I'm less than focused on trusting in you. Amen.*

## **GROUP DISCUSSION**

- As you consider what it means to be free of anxiety, what examples of this kind of life come to mind? Who seems to be able to live relatively free of anxiety?
- In Luke 12.54-56, Jesus challenges us to see the bigger picture that the “signs of the times” are pointing to. Is there any evidence in the world around you that God is up to something bigger than we often admit?
- Jesus compares us to the birds of the air and flowers of the fields. God cares for them and we are of even more value. Is there someone in your life that needs to hear that they have more value to God than they might already know?