

(1) With which of the three individuals cited by D. A. Carson do you most identify? Are you the always optimistic, almost irresponsible person who never worries about anything? Are you the person who worries about everything, including the problems others face? Or are you somewhere in between, sane and stable? Explain your answer.

(2) What is the difference between justified concern and sinful anxiety? Can you give some examples from your own life? Do you often find yourself slipping from the former into the latter? Can you explain why this happens?

(3) Of the eight reasons Jesus gives not to worry, focus on this one: Worry is unbelief. What does this mean? Why did Jesus charge his disciples with being “of little faith”? How does faith conquer worry? What specifically did Jesus have in mind when he described his disciples (and us?) as being “of little faith”? Faith in what or whom?

(4) Jesus clearly said that worry is something unbelievers do. They do not have God as their “Heavenly Father”. How does the reality of having God as Father affect or influence you when it comes to worry and anxiety?

(5) Go back and read through the promises of God that I suggested are the best way to battle against worry and anxiety. Which of these most resonates with your heart and experience? Why?