



Discussion Guide  
Anxious For Nothing – Part 2  
PARTICIPANT GUIDE

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*"If a care is too small to be turned into a prayer,  
then it is too small to be turned into a burden."*

[Corrie Ten Boom]

ENGAGE & CONNECT

Share about a time when someone unexpectedly helped you accomplish something meaningful or get through a difficult situation.

BEGIN WITH PRAYER

Spend a moment praying this passage, beginning your time together in humility and gratitude!

*"Because of the Lord's faithful love we do not perish, for his mercies never end. They are new every morning; great is your faithfulness! I say, 'The Lord is my portion, therefore I will put my hope in him.'"*

[Lamentations 3:22-24]

BIG IDEA

You may believe that you can trust God to help you ultimately, but do you trust Him to be your Helper HERE and NOW?

PASSAGE & DISCUSSION

Psalm 121, Matthew 6:11, and Luke 11:3

1. What causes you to feel anxious or reluctant to seek help at times, even from God?
2. In v. 1-2, the psalmist asks, "Where will my help come from?", and he answers with confidence that it comes from God. What does this reveal about his understanding of God's role in life?
3. What do you think is meant by "My help comes from the Lord", in contrast to viewing God ONLY as a Savior or King? Do you see God as all of these in your own life?
4. How does "Give us this day our daily bread" express dependence on God for everyday needs? How regularly do you pray this?
5. In the sermon we heard, *"Many of us live with a secret arrangement: God handles the really big stuff. We handle everything else."* How has this been true in your own life? What might this say about how you really see God and/or depend on Him in prayer?
6. How might our small group encourage one another to ask God for help in specific, personal ways, rather than just general or vague prayers?
7. What is a specific area in your life where you feel you "need help"? How might acknowledging this and bringing it to God impact your level of peace?

8. Reflecting on “daily bread,” what is one step you can take to rely more on God daily, rather than seeking control over tomorrow’s challenges?
9. Consider a moment when you felt God’s presence “just in time.” How can remembering this experience strengthen your faith in moments of doubt?
10. In light of Psalm 121, how can you practice recognizing God as your “Helper” throughout the day, especially in small or seemingly insignificant tasks?

## STEP OF OBEDIENCE

Because God is the “Most High God”, everything is small to Him. However, He is ALSO our Father, so everything is important to Him. Therefore, **REALLY** pray specific, pray small, and pray without ceasing! Based on the Holy Spirit’s wisdom, what is a step of obedience that you can take this week?

*Remember ... anxiety is living out the “imagined” future before it gets here. However, God’s daily grace arrives “just in time”, so we must pray!*

## PRAYER FOCUS

### Trusting God as Our Present Helper

- Let’s pause for a moment to reflect on our trust in God—not just for our future, but for our needs right here and now. Do we truly believe that He’s our Helper in this very moment, providing our daily bread and bringing peace to our anxious hearts? God invites us to depend on Him fully not just in times of crisis, but in the everyday moments for provision and comfort.
- As we pray together, let’s ask for faith to trust God as our present Helper, inviting Him into our daily worries and needs. Let’s ask Him to remind us that He is near, ready to give us peace and meet our needs today.

## ADDITIONAL RESOURCES

- [Psalm 121 Commentary & What Does "Give Us This Day Our Daily Bread" Mean?](#)
  - Use these for background and encouragement before your group gathers.
- [Bible Project on "Daily Bread"](#)
  - This would be a good resource to use after your group gathers.