

JESUS SAID – *Episode 2: Do Not Be Anxious!*



Team Member Name: _____ Date: _____

Game Strategy – Jesus said, “Do not worry about your life. Are we not worth more than the birds that completely trusted their creator’s care?”

Be ready to take the field for this workout by completing the **Pregame Film Study**. Your contributions to the Huddle Discussion in our workout are vital to our team success. Remember we win and lose as a team!

Pregame Film Study

1. View or listen to the episode referenced above.
2. Go deep with the Scripture References, Coaching Tips and Catechism Connection on page 2.
3. Reflect upon the **Huddle Up** questions below and jot down your thoughts.

Huddle Up – Use these questions for personal reflection to share with your team at the workout.

Warm-up Questions:

1. What particular point(s) caught your attention the most in this episode?
2. What is something useful that you learned from viewing this episode that you can apply in your own life?

Workout Questions:

1. Read and reflect on Matthew 6:25-34. What did you hear from the Lord in this Scripture passage?
2. St. Paul in Philippians 4:6-7, gives us three key steps for overcoming anxiety. What are they? How do they compare with what Jesus says in Matthew 6:25-34?
3. What was the most anxious time of your life? How did you deal with it?
4. Currently, what are some things that make you become anxious? Why do think that’s so?
5. What are some of the best ways to help you relieve some of your anxiety? What did Jesus tell us was the best way to deal with anxiety?
6. What do you think are some of the effects of too much anxiety and worry?

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Team Workout Plan - Watch the Kickoff, Game Plan and Red Zone video segments as a team. Break into huddles for discussion of the questions.

Postgame Recap - Watch the End Zone video segment as a team. Take note of the tips from the CTG team:

1. Look at your anxieties and look at God's promises.
2. Turn your life over to Christ.
3. Give your anxiety to God and don't take it back!

Complete your **Personal Action Item**. 

Scripture References

Matthew 6:25-34
Matthew 8:25-26
1 Peter 5:7

Psalm 55:23
Philippians 4:6-7

Coaching Tips

“The perfect is the enemy of the good.” ~ *Voltaire*

“Worry never robs tomorrow of its sorrow, it only saps today of its joy.” ~ *Leo Buscaglia*

“Some people feel guilty about their anxieties and regard them as a defect of faith. I don't agree at all. They are afflictions, not sins. Like all afflictions, they are, if we can so take them, our share in the Passion of Christ.” ~ *C.S. Lewis*

“We fear men so much, because we fear God so little. One fear cures another. When man's terror scares you, turn your thoughts to the wrath of God.” ~ *G.K. Chesterton*

Catechism Connection

305 Jesus asks for childlike abandonment to the providence of our heavenly Father who takes care of his children's smallest needs: “Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ ... Your heavenly Father knows that you need them all. But seek first his kingdom and his righteousness, and all these things shall be yours as well.”

2547 The Lord grieves over the rich, because they find their consolation in the abundance of goods. “Let the proud seek and love earthly kingdoms, but blessed are the poor in spirit for theirs is the Kingdom of heaven.” Abandonment to the providence of the Father in heaven frees us from anxiety about tomorrow. Trust in God is a preparation for the blessedness of the poor. They shall see God.

322 Christ invites us to filial trust in the providence of our heavenly Father (cf. Mt 6:26-34), and St. Peter the apostle repeats: “Cast all your anxieties on him, for he cares about you” (1 Pet 5:7; cf. Ps 55:23).

Personal Action Item

Develop a plan of action based upon our prayer and discussion related to the topic. How does the Lord want this topic applied in your life? Keep it simple – one or two action items.

I commit to becoming spiritually fit by...