



*CLEAR THE AIR*  
Post-Pandemic  
Social Anxiety:  
Adjusting to the  
New Normal

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Matthew 6:24-34

**STUDY GUIDE**

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**WELCOME:**  
Fixing  
Our Focus

**Suggested icebreaker:**

Have each member share their vision of a post-pandemic world. How would the world look like after the pandemic? What changes would there be compared to pre-pandemic times? Why would such changes occur?

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**WORSHIP:**  
Adoring  
Our God

**Suggested songs:**

- Turn Your Eyes Upon Jesus
- He Will Hold Me Fast

# **WORD & WALK:**

## Understanding & Applying the Word

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### **LESSON AIM**

1. GG members will entrust their needs to God.
2. GG members will realize that they are precious in God's eyes.
3. GG members will lift up their concerns to God in prayer.

### **INTRODUCTION**

The pandemic has been raging worldwide for the past two years. What we are experiencing right now is unprecedented. People do not know what the future holds. Will there be another variant of the Covid virus? When will the pandemic end? What will happen when the pandemic ends? Though we may not have the answers to these questions, the Bible gives us principles on how to deal with such questions. Let us learn how the teachings of Jesus remain relevant to us in this day and age.

### **Biblical guidelines for post-pandemic social anxiety**

1. What are the two masters each person can choose to serve? How can you compare the two?
2. Why did Jesus connect his statement on the two masters with anxiety? How is one's anxiety affected by their choice of master?
3. What did Jesus say about how God takes care of the birds? How did he compare people with the birds?
4. What are the positive and negative effects of anxiety? List them down and compare which of the lists is longer.
5. What did Jesus say about how God takes care of the grass of the field? How did he compare people with the grass?
6. What is the cause of or what produces anxiety?
7. What solution did Jesus present for anxiety? Why is this solution able to alleviate anxiety?

### **Application**

#### ***Children***

What makes you worried or anxious? Is it about family, health, studies? List them down and share them. What do you do to fight worry? Do you think prayer is one of them? How?

# **WORD & WALK:**

## Understanding & Applying the Word

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### ***Youth***

1. Remembering how God takes care of you, what are some of the personal needs you thank God for constantly addressing?
2. What are some of the things that cause you great anxiety as a student, teenager, and child of your parents? How can you be reminded not to worry this week?

### ***Adults***

1. What attitude do you have toward material possessions and the necessities of life? What caused you to develop such an attitude?
2. How would you differentiate between preparing or planning for tomorrow and being anxious about tomorrow? What can we do to avoid being anxious about tomorrow?

### ***Community***

During this pandemic, we experienced people hoarding food and medicine as their way of preparing for the uncertain future. How can we, as believers, model and share the principles Christ taught in this passage?

### ***World***

We learned from our passage that each person is precious in God's sight. What do you think will happen when people are made aware of this truth? How can we encourage people from around the globe with this truth?

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## **Prayer Item**

Share with each other your concerns and possible sources of anxiety. Take time to lift them up to God and encourage each other to entrust him with these concerns, knowing that he deeply cares for each one.



### **Your feedback is important to us.**

If you used this study guide in leading your growth group, please rate it at <https://bit.ly/GCFSGFeedback>. Thank you!





## **Greenhills Christian Fellowship**

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