

# PART II: Don't Be Anxious

Fecha @May 3, 2023

The practice from last week was to pay more attention to our emotions during the day; and how they change (for better or worse) depending on the money we have or don't have in our family.

- Or would you like to share about money and emotions and your experience over the past week in you and your family?
- Who would like to tell us which is the guide with which they struggle the most and is the one they are practicing?

This Sunday we continued with our series where we are discovering the true place of money in our lives. And now we turn to an emotion that we all feel because of money and possessions. And it's the feeling of anxiety and worry.

Worry and anxiety is not because of lack of money and possessions; but it's caused because of our trust in money and possessions. Both, people who have enough resources and those who do not have enough resources experience this. And today, we are going to put into practice what the Apostle Paul left us as a guide to do on these occasions.

- What did the Holy Spirit speak to you in Sunday's teaching?
- The pastor talked about the effects of worry. **It affects health, decreases productivity, negatively affects treatment of others, high doses of stress, anger, and irritability, and alters trust in God.** Which of these do you most identify with?

## 1 Timothy 6:10

- How does it make you feel or think the fact that Paul says that the LOVE (and not money itself) of money is the root of ALL (not just some) evils?
- ¿Could you conclude that your worry, anxiety, painful wounds, and deviation from faith is due to love of money and possessions?

## PRACTICE AS A COMMUNITY.

### 1. First

- Read Matthew 6:25-34

### 2. Second

- Write down when was the last time you felt worried or anxious about lack of money or because you couldn't get something you wanted. Describe what you were missing, how you felt, what you experienced, what you did, etc. Or, you would also write how you felt happy when you did have money or something you wanted

### 3. Third

- Now make a list of one to three blessings that God has given you (they can be big or small)

### 4. Fourth

- Now choose one of the following practices that you could do to seek first the Kingdom of God on a daily basis. **Pray in the morning, read the Bible, do the daily office, do the prayer of examen, call to encourage/pray for someone.**

### 5. Fifth

- Now think and write down how you could implement these three steps that we did in your daily life in the next week
  - It may be that you are going to commit to taking 15 minutes to pray in the morning before doing anything, and at night before bed you are going to write how you felt about money and find a blessing
  - In the morning you are going to read the bible and at night you are going to do the prayer of examen (which helps you find a blessing in the day and a strong emotion)
  - Be creative but simple

## TO FINISH

- We write about our worry, anxiety, and happiness about money and possessions to acknowledge and expose our love and trust in this god. Don't feel bad, we are all learning. But it is important to recognize our lack of trust in God and our over trust in money and possessions. Either because we don't have it, or because we have it and that controls our emotions
- We write about God's blessings to remind (because we are so forgetful) ourselves and our souls how God has been faithful up to this moment and will continue to be faithful in the midst of difficulty
- And we seek first the Kingdom of God daily because the Kingdom of God is the truth and the reality. Circumstances are just a reflection of what is happening and it is momentary. But through prayer (in the morning, daily office, or examen), the Bible, and even turning our attention to someone else, we remind ourselves that God is the one in control and only he deserves our trust
- Would anyone like to share something about this practice, whether it's sharing when your emotions were last affected by money and possessions, or a blessing that reminded you that God is in control, or how you're going to do this practice, or something about what you are learning personally