

How to Be a Non-Anxious Presence in an Anxious World

Keith Simon | Daniel 9

Sermon Discussion Participant's Guide

Purpose of Discussion: To take a step in being a less anxious person in an anxious world.

Icebreaker: Some call these current times the "Age of Anxiety." Do you think people are more anxious now than they used to be?

Discussion:

1. What is there to worry about in the world and in your life?

Transition: Daniel was a non-anxious presence throughout all the political and personal chaos that occurred during his life. We'll look at what it was that enabled Daniel to be that way.

Read:

[Daniel 1:1-2](#)

¹In the third year of the reign of Jehoiakim king of Judah, Nebuchadnezzar king of Babylon came to Jerusalem and besieged it. ²And the Lord delivered Jehoiakim king of Judah into his hand, along with some of the articles from the temple of God. These he carried off to the temple of his god in Babylonia and put in the treasure house of his god.

Non-anxious people see that God is king over all the parts of our story.

2. How does it ease our anxiety to remember that God is in control?

Read:

[Daniel 2:17-18](#)

¹⁷Then Daniel returned to his house and explained the matter to his friends Hananiah, Mishael and Azariah. ¹⁸He urged them to plead for mercy from the God of heaven concerning this mystery, so that he and his friends might not be executed with the rest of the wise men of Babylon.

Non-anxious people find encouragement in a community of believers.

3. How can we become a group that helps each other find encouragement in our anxiety?

Read:

[Daniel 3:16-18](#)

¹⁶ Shadrach, Meshach and Abednego replied to him, "King Nebuchadnezzar, we do not need to defend ourselves before you in this matter. ¹⁷ If we are thrown into the blazing furnace, the God we serve is able to deliver us from it, and he will deliver us from Your Majesty's hand. ¹⁸ But even if he does not, we want you to know, Your Majesty, that we will not serve your gods or worship the image of gold you have set up."

Non-anxious people are willing to entrust their hopes and plans to God's plan.

4. What are you finding hard to trust God with? Why can you trust God with it?

Read:

[Daniel 9:1-3](#)

¹⁷ In the first year of Darius son of Xerxes (a Mede by descent), who was made ruler over the Babylonian kingdom— ² in the first year of his reign, I, Daniel, understood from the Scriptures, according to the word of the Lord given to Jeremiah the prophet, that the desolation of Jerusalem would last seventy years. ³ So I turned to the Lord God and pleaded with him in prayer and petition, in fasting, and in sackcloth and ashes.

Non-anxious people take their anxieties to God in prayer.

5. How does prayer help us to become a non-anxious presence?

Optional Dig Deeper #1:

Keith made the point from Daniel's prayer of corporate confession in 9:4-19 that Daniel is more concerned with the sins of the church and his own part in that than the sins of the culture.

THE **crossing** **small groups**

Why do you think that is?

Sharing and Prayer:

1 Peter 5:7

⁷ Cast all your anxiety on him because he cares for you.

Split up into smaller groups to share about what has been worrying you then pray for each other.