****C3 Questions

*C3 exists to glorify God and edify the body by knowing and delighting in the Father through the joy and love of the Spirit and unity in the Son.*

Red Text = Tips and guides to help use the questions

Blue Text = Sample Answers

Green Text = Additional questions to ask

Got Milk?

As our world plunges further into fear and anxiety, what specific promise of God from Scripture are you clinging to most tightly to give you hope and joy? Why?

(These are some amazing ones to start with: Romans 8:28-31, Mal 4:2, Isa 40:31, Isa 41:10, 1 Cor 2:9, 2 Cor 4:17-18, Ps 16:11, Isa 64:4, 2 Chron 16:9, Isa 46:3-10)

Where’s the Beef?

Read Matt 6:26-34. What negative command ("do not") is given three times in this passage? How does that match what Paul says in Phil 4:4-9?

* Three times in this passage Jesus gives the command "do not worry." In the original language, He literally says "Don't worry," "Stop worrying," and "Don't start worrying." If you're worrying, stop. If you're not yet worrying, don't start. And in general, do not be anxious. This is exactly what Paul says in Phil 4:6 when he commands us "Do not be anxious about anything." Literally, Paul says "do not be full of cares regarding anything."

If disobeying the commands of God is sin and we are commanded not to worry or be anxious, then both worry and anxiety are sinful. Have you ever thought of anxiety as a sin? How is worry (lack of satisfaction) sinful? (Hint: Jer 2:13, Mark 14:29-31, Rom 14:23)

* Both worry and anxiety are sins because they display a lack of faith in God to protect and provide. Instead of running to God as the source of life and hope, anxiety elevates our fears above the loving care of God and worry tries to dig our own way out of things (Jer 2:13). On top of that, Jesus connects ungodly fear to a lack of faith over and over again in the gospel accounts (Mark 14:29-31 & 4:40, Matt 8:26, Luk 8:50). If faith is accepting Jesus as our source of satisfaction and hope (John 6:35), then fear is a failure to be satisfied in Christ and His sovereign rule over all things. Finally, Paul makes it plain in Romans 14:23 that whatever is does not come from this faith, this satisfaction in Christ, is sin. In essence, anxiety is a failure to trust God which is sinful.

What is the main positive command Christ gives in Matt 6:33? How does the parallel command in Phil 4:4 help you see how to pursue the kingdom of God and how does that defeat anxiety?

* The main positive command Christ gives in Matt 6 is "seek first the Kingdom of God and His righteousness." In the context, this is the exact opposite of worrying. The Kingdom of God is simply enjoying and submitting to the reign of Christ the King. Paul makes the same positive command twice in Phil 4 by saying "Rejoice *in the Lord* always, and again I say rejoice." Although different words are used in both passages, the command to seek the Kingdom of God and the command to Rejoice in the Lord are very similar. The idea of the Kingdom is more about the King himself and experiencing the joy of His presence and "Lordship." The idea of rejoicing in the Lord is finding joy or satisfaction in the presence and person of Christ the Lord. Both ideas revolve around satisfaction in Christ our King and our Lord. To pursue joy in the Lord is the way we seek first the Kingdom of God.
* This satisfaction in our Lord and King defeats anxiety because when we realize that Christ is good, all-powerful, and loving our fears will begin to fade away. Seeing who God is and enjoy His person and promises is the ultimate remedy for anxiety and worry. As Paul puts it in Romans 8:30 "If *God* (our King and Lord) is for us, who (or what) can succeed against us?"
* How does Habakkuk 3:17-19 help reveal how joy in God can protect us from the anxiety that comes with hardship and suffering?

From Matt 6:26-34 and Phil 4:4-9, write down all the resources Christ and Paul give us to fight anxiety and find satisfaction in God?

* Paul give us several resources:
  + Find joy in the Lord (this is repeated twice because it is the foundation for fighting anxiety)
  + He reminds us that the Lord is near to us not standing at a distance.
  + He tells us to pray and present our request to God.
  + He tells us to revel in God's past faithfulness (thanksgiving). Gratitude is "joy in the goodwill of the Giver."
  + He tells us to meditate (literally "set your minds on") the glorious things that reflect God's character
  + Finally, he tell us to do the things which he has modeled for us
* Jesus provides the fuel for the things we should be meditating on:
  + He reminds us life is more than physical comforts (v25)
  + He tells us to observe how God provides for the birds and reminds us that we are more valuable then the birds (v26)
  + He reminds us that worrying accomplished nothing (v27)
  + He bids us to stare at the beauty of flowers and think about the reality that God provided that beauty for a passing thing (v28-30)
  + He reminds us that only those who do not know God (Gentiles) consonantly worry about physical provisions (v32)
  + Twice He reminds us that we have a heavenly *Father* who knows our needs and cares about them
  + He promises us that if we pursue His Kingdom and presence first we will have all we need to accomplish that end (v33)
  + Finally, he reminds us that each day has problems and provisions of their own (v34)
* Why are human beings more valuable than birds and flowers?
* What are the "things which you learned and received and heard and saw" that Paul calls us to do in Phil 4:9?

Are You Satisfied?

How has this corona situation helped you to know and love Christ in a greater way?