



GUIA DE ESTUDO

Finding meaning in the waiting

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When Anxiety Knocks

This sermon centers on a simple but searching question: what do you do when worry starts to take over your mind? The preacher argues that anxiety is not mainly answered by denial or self-reliance, but by bringing everything to God in prayer, with gratitude, and learning to trust His provision. The image throughout is not of a life without problems, but of a believer who refuses to let fear govern the heart.

Anxiety Is Real, but It Does Not Get the Final Word

The preacher's main burden is that anxiety and worry are real struggles, but they are not meant to rule the believer's life. He frames worry as something that grows when we stare at our needs, our uncertainties, and our lack of control. Instead of living under that pressure, he points people toward God's care and provision. The answer is not pretending problems do not exist; it is bringing them into God's presence and trusting Him to act. He repeatedly steers the listener away from self-protection and toward dependence on God.

Prayer Replaces Panic

A major emphasis of the sermon is that prayer is the believer's response to anxiety. The preacher does not treat prayer as a last resort, but as the first and ongoing act of faith. He ties prayer to honest requests, meaning the believer names the burden before God rather than carrying it alone. In his argument, prayer is practical: it moves the heart from panic to dependence, and it becomes the place where fear is confronted by trust.

Gratitude Changes the Shape of the Heart

The preacher highlights thanksgiving as essential, not optional. Gratitude does not erase the problem, but it reorients the believer to God's past faithfulness and present goodness. By praying with thanksgiving, a person remembers that God has already provided, sustained, and remained faithful. That posture makes it harder for anxiety to dominate because the heart is no longer measuring life only by what is missing.

PARA REFLEXÃO

Discussion Questions

1. What worries in your life most often tempt you to rely on yourself instead of bringing them to God?
2. Why do you think the preacher connects prayer and thanksgiving so closely?
3. How is prayer different from merely worrying out loud or thinking through a problem on your own?
4. What does it look like, practically, to seek first God's kingdom when you are under pressure?
5. Which part is harder for you: asking God boldly, or thanking Him while the problem is still unresolved?

REFLEXÃO

Where Is My Heart Guarded?

Pause and honestly ask whether your heart is more guarded by planning, control, or prayer. Think about the specific anxieties you are carrying right now. Are they shaping your thoughts more than God's promises are? Consider whether you have been asking God for help while still holding onto fear, or whether you have truly released your burdens to Him with gratitude.

APLICAÇÃO PRÁTICA

Practice Trust in Concrete Ways

The sermon's application is to respond to worry the way the preacher described: pray, give thanks, and trust God's provision. Bring specific needs to God instead of leaving them as vague anxiety. If you are facing financial pressure, job uncertainty, family concerns, or health fears, name those requests plainly in prayer. Follow the preacher's emphasis by attaching thanksgiving to those prayers, remembering concrete ways God has already provided. Keep seeking God's

kingdom first rather than letting fear set your priorities.

Seeking First What Matters Most

The preacher's teaching on trust is not passive. He calls believers to realignment: to seek God first rather than to organize life around anxiety. This means placing God's kingdom and righteousness above the urgent but temporary concerns that often dominate the heart. The promise is not that believers will never face needs, but that God knows those needs and will provide what is necessary as they put Him first. Faith, in the sermon, is active dependence.

REFLEXÃO

Trusting God's Provision

Reflect on the places where worry has made you feel responsible for everything. What would change if you truly believed God sees your needs and is able to provide? Think about whether your daily habits show that you are seeking God first, or whether anxiety has quietly become your guide. Ask God to strengthen your faith so that provision, not panic, shapes your decisions.

APLICAÇÃO PRÁTICA

A Simple Pattern for the Week

Use the pattern emphasized in the sermon: when worry rises, stop and pray; make the request specific; give thanks; then act in faith. You might write down the concerns that are weighing on you and pray over them one by one. If a fear returns later in the day, answer it again with prayer rather than rehearsal. Let the practice of thanksgiving become a habit that reminds you of God's faithfulness in ordinary, concrete ways.

PARA REFLEXÃO

For Group or Personal Follow-Up

1. What would it look like for you to turn your most immediate worry into a prayer within the next few minutes?
2. How can thanksgiving become a real discipline rather than a vague attitude?
3. Where are you tempted to seek security apart from God's provision?
4. How does Matthew 6:33 challenge the order of your priorities this week?

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A Prayer for Peace and Trust

Lord, we confess that worry often rises quickly in our hearts. Teach us to bring everything to You in prayer with thanksgiving. Help us seek first Your kingdom and trust Your provision. Guard our hearts and minds with Your peace in Christ Jesus. Amen.