

Connection Group Discussion

Scriptures are provided for context. Some groups may choose not to read them for sake of time. Also, please do not feel you have to cover all of the questions.

1. What is the difference between being responsible and being fearful and worried?
2. What are the primary areas where you tend to fall into fear and worry?
3. What do you see as the primary difference between fear and worry? Which do you tend to experience more?
4. Read **Matthew 6:24**. How does loving something more than you love God lead to fear and worry?
5. Read **Matthew 6:34**. What does it mean to live life one day at a time?
6. Read **Philippians 4:6**. Have you been very effective at turning worries into prayers? Please explain.
7. Read **1 Peter 5:7 and Psalm 112:7**. What in your life has been most effective in enabling you to grow in your trust in the Lord?



break**FREE** Part 11
TODD HUDNALL • APRIL 28-29, 2012

Matthew 6:24-34

Understanding Fear and Worry

1. **Fear and Worry exposes** _____.
Matthew 6:24 "No one can serve two masters; for either he will hate the one and love the other, or else he will be loyal to the one and despise the other. You cannot serve God and mammon."
2 Timothy 1:7 For God has not given us a spirit of fear, but of power and of love and of a sound mind.
2. **Fear and Worry reveals** _____ **perspective.**
Matthew 6:25 "Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing?"
Proverbs 29:25 The fear of man brings a snare, but whoever trusts in the LORD shall be safe.

3. Fear and Worry demonstrates lack of _____ in God.

Matthew 6:26-32 “Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? Which of you by worrying can add one cubit to his stature? So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; and yet I say to you that even Solomon in all his glory was not arrayed like one of these. Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith? Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things.”

Matthew 8:26 But He said to them, “Why are you fearful, O you of little faith?” Then He arose and rebuked the winds and the sea, and there was a great calm.

To Break Free From Fear and Worry

1. Give your full _____ to Jesus Christ.

Matthew 6:33 “But seek first the kingdom of God and His righteousness, and all these things shall be added to you.”

1 John 4:18-19 There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love. We love Him because He first loved us.

2. Live _____ day at a time.

Matthew 6:34 “Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.”

Psalm 27:1 The LORD is my light and my salvation; whom shall I fear? The LORD is the strength of my life; of whom shall I be afraid?

3. Trust _____ with the future.

Philippians 4:6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God.

1 Peter 5:7 Casting all your care upon Him, for He cares for you.

Psalm 112:7 He will not be afraid of evil tidings; his heart is steadfast, trusting in the LORD.