



Part 1: Free From Worry

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Resonate Church

1. Share a worry that is constantly on your mind now. How has this affected you emotionally, spiritually, or even physically? How else has this worry disabled you?
2. Read James 4:13-15. What does he say about how we should go about making plans? How does remembering God change our perspective about our own lives?
3. How does staring at God’s incommunicable attributes (omniscience, omnipresence, omnipotence) reassure you?
4. What does it mean to you to know that you are engraved on God’s hands?
5. Do you see God as a good Father? How can you trust Him more with the worry you shared about in the first question?

Sermon Notes

Come now, you who say, “Today or tomorrow we will go into such and such a town and spend a year there and trade and make a profit”— yet you do not know what tomorrow will bring. What is your life? For you are a mist that appears for a little time and then vanishes. Instead you ought to say, “If the Lord wills, we will live and do this or that.” As it is, you boast in your arrogance. All such boasting is evil. So whoever knows the right thing to do and fails to do it, for him it is sin.

James 4:13-17

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James 4:17

<p>To be enslaved to worry...</p> <ol style="list-style-type: none"> 1. We forget God 2. We assume God’s place 3. We get consumed in worry 	<p>To be free from worry...</p> <ol style="list-style-type: none"> 1. Stare at God’s grace 2. Stare at God’s attributes 3. Stare at God’s assurance
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