

FROM WORRY TO WORSHIP

Guest Speaker: Pastor Anthony Miller

New Story
CHURCH | LA



Ice Breaker: What's something you were really worried about in the past that ended up working out fine, maybe even better than you expected?

1. Read Matthew 6:25-34. Where has anxiety or worry been showing up in your life lately? What specific situations or thoughts tend to trigger it?
2. In the message, we said “worry reveals what we trust.” When you look at your current worries, what do they reveal about what you’re trusting (or struggling to trust) God with?
3. Jesus invites us to “look” (at the birds, the flowers) as a way to shift our focus from worry to worship. What are you currently “looking at” most—circumstances, outcomes, fears, or God’s faithfulness? How is that shaping your mindset?
4. How would you define “worship” beyond just singing? What does it look like, practically, to turn worry into worship in your everyday life?
5. Gratitude was described as a practice that retrains the heart. Can you share 2–3 ways God has been faithful in your life recently? How does remembering that change how you feel about your current situation?
6. What is one worry you need to intentionally surrender to God this week? What would it look like to actually release control of that?
7. When you experience peace in the middle of anxiety, it can become a witness to others. Who in your life might need to see that kind of peace right now? How could your response to stress point them to Jesus?