

## Let Me Ask You A Question Why Do You Worry?

# TALK IT OVER

### Key Scripture

*“25 “Therefore I tell you, do not be anxious 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? 26 Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? 27 And which of you by being anxious can add a single hour to his span of life? 28 And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, 29 yet I tell you, even Solomon in all his glory was not arrayed like one of these. 30 But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? 33 But seek first the kingdom of God and his righteousness, and all these things will be added to you. 34 “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.” - Matthew 6:25-34 (ESV)*

*“6 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.” - Philippians 4:6-7 (ESV)*

*“15 And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful. 16 Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. 17 And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.” - Colossians 3:15-17 (ESV)*

*“6 Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, 7 casting all your anxieties on him, because he cares for you.” - 1 Peter 5:6-7 (ESV)*

Search for the “Renewal Church Denver” app or “St. John’s Denver” app in your app store.

More of God’s truth all week long at [renewaldenver.tv](http://renewaldenver.tv) and [sjdenver.tv](http://sjdenver.tv)

### Start Talking: Find a conversation starter for your group. (15 Min)

- What are some of the things that keep you up at night?
- What is something that helps you to calm down or relax?

### Head: Start Thinking. Ask a question to get your group thinking. (10 Min)

- Read Matthew 6:25-34, what question is Jesus asking here in the text (v.28)? Why is He asking this?
- What are some of the other questions asked in Matthew 6:25-34? Would you consider them rhetorical? Why or why not? What is the main point here?

### Heart: Start Sharing. Choose a question to create openness. (10 Min)

- How can stress and worry affect you, physically, mentally, and emotionally? Why does our Father want us not to worry (Matt. 6:27)?
- What does Jesus tell us to believe (Matt. 6:26) or do (Matt. 6:33-34) instead of worry?
- Why do you think trust easier said than done? What is something that you struggle to let go of the worry for?
- Examine Philippians 4:6 and Colossians 3:15. What common word in both passages can help undermine anxiety with peace?

### Hands: Start Doing. Commit to a step and live it out this week. (10 Min)

- What is a spiritual practice that helps you focus on the kingdom?
- For the next week, start your day in prayer, and say “God, today I’m tempted to be anxious about \_\_\_\_\_.”
- Who is someone you can go to, and be reminded of God’s promises?
- Feeling anxious? Take the focus off of you and put it on God. Go through the ABCs and for each letter, list an attribute of God.
- This week, try keeping a gratitude journal!

### Start Praying. Be bold and pray with power. (15 Min)

- For suggestions on structuring prayer time, see the *Group Prayer Ideas* page in this packet.

### Trios: Split into same-gender groups of three. (15 Min)

1. What’s a passage of scripture that has impacted you this week? Read it to the group and explain why.
2. Is there anything God is leading you to repent of?
3. How’s your weekly 3-2-1 challenge going? (*3 Conversations with New People, Learn 2 Names, Make 1 Meaningful Connection*)
4. Who is one non-believer that you need to reach out to this week?
5. What’s something you’d like someone else to check in with you about this week?
6. Pray for one another.

# Group Prayer Ideas

## Pray for Each Other

- Everyone share their prayer requests before entering into the time of prayer;
- As you open a time of spontaneous prayer, ask people to pray for each other's requests / not their own;
- *Option: Have one person record the group's prayers in a prayer journal. Periodically review the journal to see just how much God answers prayer!*
- *Option: Conclude with the Lord's Prayer or Apostle's Creed.*
- *Option: Do a "Prayer Exchange," assigning people to pray for one another this week, & text as you do.*

## Responsive Psalm Prayer

- Choose a psalm (ex: 13, 116, 136, 139, etc.);
- Have the leader and the people pray through the Psalm by trading verses responsively, OR go around the circle and have each person take the next verse.

## Missional Prayer

- Have everyone go around and pray specifically for a non-Christian friend, neighbor, co-worker, etc.
- *Option: Have everyone use the "MissionHub" app to set a prayer reminder for that person OR write the name on a 3x5 index card, take it with them and put it somewhere that they'll see it.*

## Category Prayer

- The leader guides the group by inviting spontaneous prayer around a "category" at a time, allowing a couple of minutes per category;

### Ex: Relational Circles

Our Families  
Our Church  
Our Neighbors  
Our Co-Workers  
Our City  
Our Country  
Our World

### Ex: A.C.T.S.

Adoration  
Confession  
Thanksgiving  
Supplication

### Ex: Lord's Prayer

Petition 1: Holy Be Your Name  
Petition 2: Your Kingdom Come  
Petition 3: Your Will Be Done  
Petition 4: Give us Today our Daily Bread  
Petition 5: Forgive us our Trespasses  
Petition 6: Lead us Not into Temptation  
Petition 7: Deliver us from Evil

### Ex: Healing

Physical  
Emotional  
Spiritual

## Simultaneous Prayer

- Set a timer (ex: 3 min) and ask everyone to pray simultaneously (out loud) until the timer runs out.

## Timed Prayer

- Set a timer (ex: 20 min) and then go around the circle taking turns praying until the timer runs out.