



FROM THE BIBLE
2 Kings 6:15-17 (NLT)
Philippians 4:6-7 (MSG)
Psalm 34:4-5 (NLT)

MESSAGE TO CONVERSATION GUIDE

Week 5 | Worry

1. In this message, Joel started out by saying he is a world class worrier. On a scale of 1 to 10 (10 being world class worrier status)...how big of a worrier are you? Also, what one of the strangest, illogical, or humorous worries you have?
2. Worry is just concern, gone bad. In other words, it's when we go from *being concerned* to *trying to control something that you can't control*. What are some examples of things that fall in this category?
3. What do you think it means when Joel said, *worry is trying to take responsibility for things that God never intended for us to take responsibility for*?
4. Read 2 Kings 6:15. The context for this passage is that Elisha and his assistant were surrounded by an enemy army. How did Elisha's assistant respond? What can we learn from his response to this worrisome situation?
5. The 1st way we talked about getting past being a world class worrier is to *Act On Your Concern*. What are some examples of things we worry about that we can take action to making better?
6. Discuss this statement, *do the things that only you can do & trust that God will do what only He can do*.
7. Our 2nd way we talked about getting past being a world class worrier is to *Grow Your Perspective*. Read 2 Kings 6:16-17. What was Elisha's response to the worrisome situation? How was his perspective different than his assistants (v15)?
8. In this message, Joel said, *there's a greater army fighting FOR YOU than anything that's fighting AGAINST YOU*. Can you look back at a past event in your life that you can now see that was the case but you didn't see it at the time?
9. The final way we talked about getting past being a world class worrier is to *Ask God For Help*. Read Philippians 4:6-7 & Psalm 34:4-5 and talk about the role prayer plays in worry. Are you worrying more than you're praying or are you praying more than you're worrying?