

Future You

Week 2 – 04/30/17

Ice Breaker: (Have everyone participate.)

Describe your perfect day: where are you, what are you doing, and who is with you?

Opening Questions: (Have 3-4 people answer.)

1. What causes you the most worry?
2. Why do you think you worry so much about it?
3. If you could calculate the amount of time you spend worrying into hours, how many hours per week do you spend stressed out or worried?

Text: (Pick different people to look up and read each passage.)

1. Philipians 4:6-7
2. Matthew 6:25-34

Tough Questions to Consider: (Encourage everyone to answer.)

1. Consider your answers to the 3 questions above. In light of those answers, consider the following questions.
 - a. What are you missing out on because of all your worries/stress? (i.e. missed opportunities, missed relationships, etc.?)
 - b. How can you begin to start taking steps away from worry and being more present in your life?
 - c. What are some steps you can begin taking now to help you worry less?

Challenge: (Have everyone answer.)

1. Can you commit to doing the YouVersion reading plan that Daniel Suggested on Sunday?
 - a. Download YouVersion from your phone's app store or join on bible.com. Go to the "plans" section and search "Grow In Prayer."
2. If you are choosing not to do the Bible reading plan, what are you going to do to change your prayer life.

Prayer:

Ask everyone to pray out loud (go in a circle) and to start with something they are grateful for.

- Encourage those who are hesitant to pray out loud by reminding them it doesn't have to be long and eloquent. God is glorified by our thanksgiving.