

DISCUSSIONNOTES

Lesson One – Worry

4.19.20

DECLUTTER

Jamie began his sermon by saying, *‘worry is kind of like a rat, slowly gnawing away at the soul. Worry threatens our peace and can bring destruction and disaster. But worry cannot survive in an atmosphere of faith and prayer. Philippians 4 tells us to kill the rat of worry by climbing to a higher level.’* Read

Philippians 4:6 – 7. What do you think this means? How may this look in your life? Explain.

Maybe you don't worry, or hardly ever have anxiety but for those who do, Philippians 4 is a great chapter of help. Describe a time in your life when you had a great worry but sought God's help. Did you begin to feel ease, peace and comfort? Why or why not? Discuss.

Name three Bible verses that help you with worry. Compare your verses with the group. Do you see any similarities between the verses? Why or why not? Ask the group what works best in hard situations for them and what verses mean the most and why. How can we be a good example to someone during a hard time? Discuss.

“When we worry, we call God a liar.” J. Oswald Chambers wrote, *“Unbelief begins when we say, ‘I will not trust what I cannot see.’* When you find yourself beginning to worry, what can you do to stop?

Read **Matthew 6:27**. Jamie pointed out there is a difference between concern, and worry. Worry is mostly what if's and usually focuses on things we can't control. Read **Matthew 5:25-26**. Worry refuses to have faith in God.

Read **Philippians 4:6**. I think we all know to pray, but you may say, “I did pray, but I'm still worried!” But Jamie makes it a little clearer in saying, *“I think it means, pray, and release everything we're worried about to God. It means we trust God's control over every detail. We quit trying to control the future and trust God with the future.*

Someone defined worry as, *“assuming responsibility God never intended us to have.”* To worry is to play God, trying to control what is beyond our ability to control.” Have you ever thought of worry as control? Does this make sense to you? Discuss.

Read **Matthew 6:31**. Jesus is telling us to ... what? Discuss this verse and everything you think it means. Does this bring comfort to you, or not? Do you ever have trouble falling asleep, and begin to worry? Notice in **Philippians 4:6** it says to thank God. If you have trouble sleeping, start listing your blessings. If you can't think of anything, start with A and go through the alphabet.

Read **Psalms 4:8**. Pray to God, asking Him to help you better see the blessings around you and to trust Him more with your worries. Close by reading these verses, **John 14:27, Matthew 28:20, Psalm 121:1 – 2, & 8, Romans 8:28 and Proverbs 3:24 – 26.**