

Discussion Guide — Waging War Against Worry

Main Idea

This week, Pastor Matt taught from the portion of the Sermon on the Mount, where Jesus talks about worry. Worry is something that solves nothing, but causes you to forfeit your joy. We might not really worry about where our next meal will come from, but we do tend to worry about our bank accounts, our retirement plans, our children, and a number of other things in this life. Where we worry, shows what we put importance on. And when we focus on God and His Word, our worry begins to decrease in our lives.

Make It Practical

- Don't panic...pray
- Don't tremble...trust
- Don't worry...worship

"But seek first his kingdom and his righteousness, and all these things will be given to you as well."

Matthew 6:33

Talk About It

- 1. What causes the most worry in your life? What do you feel like that reveals about you?
- 2. Out of the three things about (Make it Practical), which do you want to work on the most in this next season?
- 3. Where do you feel like your devotion goes? What one thing can you do to change your devotion back to God?
- 4. What are some new ways that you can incorporate worship into your daily routine?



"Worry does not take away <u>TOMORROWS TROUBLES</u>, it takes away <u>TODAYS STRENGTH</u>"

Prayer

Jesus, show us where we worry the most. Help us to wage war against that bondage of worry that we live in. Teach us to run to Your Word and prayer when we feel worry seep in, and not to panic. In Your name, Amen.

Scriptures Used

Matthew 6:25-34, Matthew 13:22, Philippians 4:6, Ephesians 3:16-19, Philippians 4:19, Isaiah Deuteronomy 31:6, Isaiah 40:29-31, Jeremiah 29:11, Romans 8:38-39	41:10,