



“Winning Over Worry - Part 2”

HOPE GROUP STUDY - Week of October 4, 2026

1 Let's Recap from last week!

Did anyone memorize this week's memory verse? Say the verse if you know it!

ICEBREAKER: If you could eliminate one thing that people commonly worry about, what would it be? After everyone shares, pray for your group time.

2 Let's Review the Message

Worry is more than simply being concerned about something. Jesus teaches us that worry can divide our minds, weaken our faith, steal our strength, and keep us focused on things we cannot control. Jesus is not teaching us to be careless or to ignore responsibility. Scripture encourages wisdom, preparation, hard work, and foresight. The problem comes when concern becomes worry—when we carry tomorrow's problems today and allow them to take God's place in our hearts.

The cure is not simply trying harder not to worry. The cure is learning to trust our Heavenly Father, put God first, and live faithfully in the grace He gives us for today. Jesus reminds us that if God cares for the birds of the air and the flowers of the field, how much more does He care for us? We are valuable to Him.

3 Let's Read the Word

Matthew 6:24–34; James 1:8; 1 Peter 5:7

4 Let's Think

- What stands out to you most from Jesus' teaching about worry?
- James 1:8 describes a person as “double-minded” and unstable. How can worry divide our minds?
- What is the difference between wise concern and worry?

5 Let's Share

- What is something people commonly worry about that you have seen affect their peace?
- What is one area of life where you tend to worry about the future?
- Have you ever worried about something that never actually happened? What did that experience teach you?

6 Let's Do the Word

- What is the main thing I am worrying about right now, and why does it have such a strong hold on my thoughts?
- What would it look like for me to truly trust my Heavenly Father with this situation?

7 Let's Grow

- The “Today, Not Tomorrow” Challenge
- For the next seven days, whenever you catch yourself worrying, stop and do these three things:
 - 1. Name it. “I am worried about _____.”
 - 2. Give it to God. Pray: “Father, You already know what I need. I trust You with this.”
 - 3. Focus on today. Ask: “What is the faithful thing I can do today?” Then do that—and leave tomorrow with God.
- Memorize Matthew 6:34 this week.

8 Let's Pray

- Pray for each person to trust God with their future, seek Him first, and live faithfully in the grace He has given for today. Pray together over any requests.

[Coming Up at Hope](#)

Oct 7 - Night of Worship at 7PM

Oct 18- Hope Family Fall Fest

Sign up for events in the Hope App

Oct 18 - Baby & Child Dedications

Oct 25 - Water Baptisms

Sign up for dedication & baptism in app!

Fall Fest
Team
Sign Up
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