



“Winning Over Worry”

HOPE GROUP STUDY - Week of September 20, 2026

1 Let's Recap from last week!

Did anyone memorize Proverbs 3:5-6? Say the verse if you know it! **ICEBREAKER:** *How is your relationship with Jesus this week?* After everyone shares, pray for your group time.

2 Let's Review the Message

Worry is something everyone encounters. We worry about our families, children, jobs, finances, relationships, decisions, and health. Sometimes our concerns become so consuming that they affect our sleep, appetite, peace, and even our physical well-being.

Jesus teaches us in Matthew 6 not to live controlled by worry. He points us toward the care of our heavenly Father and reminds us that our lives are in His hands.

Hannah gives us a powerful picture of what it looks like to trust God in the middle of a painful situation. Instead of walking away from God, Hannah continued to come before Him.

This week's points were:

1. REFUSE to lose your mind.
2. RELEASE your burdens.
3. RELY on God's faithfulness.

3 Let's Read the Word

1 Samuel 1:2-20; Matthew 6:25-34; 1 Peter 5:7

4 Let's Think

- What is the difference between having a legitimate concern and allowing that concern to become worry?
- Hannah prayed year after year. What does her persistence teach us about trusting God?

5 Let's Share

- Have you ever experienced a situation where God didn't immediately change your circumstances, but He changed something in you?
- What kinds of situations tend to make you worry the most—family, finances, work, relationships, health, decisions, or something else?
- Have you ever had to worship or trust God when you didn't feel like it? What was that experience like?

6 Let's Do the Word

- If trust is demonstrated through obedience, what does your obedience look like right now?
- Is there something God has already told you to do that you're delaying because you're afraid?

7 Let's Grow

- This week, memorize 1 Peter 5:7. Be ready to speak your memory verse with the group next week!
- This week, identify **one specific worry or burden** that you have been carrying.
- Write it down and pray
- When you feel anxious, remember: Come to Him; Cry before Him; Trust Him; Worship Him; Obey Him; Leave the outcome in His hands.

8 Let's Pray

- Ask God for each member to release any burden that they keep carrying alone and start trusting Him with it.
- Pray together over any requests.

[Coming Up at Hope](#)

Sept 23 - See You at the Pole
Sept 23 - Saw You at the Pole Rally
Service for everyone - 7pm
Oct 4 - Hope Family Fall Fest
Sign up for events in the Hope App

Fall Fest
Team
Sign Up
=====➡

