

Living The Good Life: Worry

Pastor Kevin Donoho

February 25, 2024

Opening Discussion

- What thoughts, feelings, or impressions do you have about this week's sermon?

Thought #1: You can't control your life, so stop trying!

Matthew 6:25-26

"That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing? Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are?"

Reflect on a time when you felt overwhelmed with worry about everyday concerns. How did it affect your thoughts, emotions, and actions? Discuss the false narrative that suggests worrying enough can prevent negative outcomes. Have you ever fallen into this mindset? How does it contradict the message in Matthew 6:25-26?

Pastor Kevin shared an illustration about being a passenger in the car and how trusting someone else can be complicated (even when they've always shown they can be trusted). How does the struggle to relinquish control resonate with your own experiences? Are there areas in your life where you struggle to trust others or to trust in a higher power?

What does it mean to acknowledge that God is capable of caring for us, just as He cares for the birds of the air? How does this perspective challenge our tendency to try to control every aspect of our lives?

Reflect on the statement "Worry gives us a false sense of control." How does worrying about the future or trying to control outcomes diminish our ability to experience peace and trust in God's provision?

Matthew 6:9-11

"Pray like this: Our Father in heaven, may your name be kept holy. May your Kingdom come soon. May your will be done on earth, as it is in heaven. Give us today the food we need."

How does the act of surrendering our worries and cares to God through prayer align with the concept of trusting Him to provide for our needs? Share personal experiences of how prayer has helped you trust in God's provision.

Reflect on instances in your life where you have seen prayers answered or experienced God's provision in unexpected ways. How did these experiences deepen your trust in God's care and provision?

Thought #2: Jesus doesn't want us to live dominated by thoughts of fear and worry!

Matthew 6:31-32

"So, don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?' These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs."

Reflect on a recent instance when worries about basic needs like food, drink, or clothing dominated your thoughts. How did this worry manifest itself in your life, and how did it impact your ability to trust in God's provision?

Discuss the reassurance found in the fact that God already knows all our needs, as mentioned in the passage. How does this awareness shift our view on worrying about these necessities?

How can we support one another in times of worry about basic needs within our faith community? Share examples of how community and fellowship have helped ease worries and strengthen trust in God's provision.

Discuss the concept of taking every thought captive to make it obedient to Christ, as stated in 2 Corinthians 10:5. What practical steps can we take to actively surrender our worries to God and align our thoughts with His truth?

Reflect on the concept of surrendering to God rather than surrendering to worries. How does this shift our approach to dealing with anxious thoughts?

Thought #3: Jesus doesn't want your worries about tomorrow to rob you of your joy for today.

Matthew 6:33-34

"Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. So don't worry about tomorrow, for tomorrow will bring its own

worries. Today's trouble is enough for today."

Think about a time when you found yourself consumed with worry about future events or challenges. How did this preoccupation affect your ability to focus on the present moment and trust in God's provision?

How does this verse above challenge our tendency to fixate on future uncertainties rather than focusing on the challenges of the present moment? How can we balance responsible planning for the future and trusting in God's provision for each day?

Recall a time, either past or present, when you leaned into trusting in God's provision for today to help you overcome anxiety about the future. What role did faith play in relinquishing those worries about tomorrow?

Discuss the importance of being present for what God wants to do today. How can we cultivate a mindset of awareness of God's leading and opportunities for growth in our daily lives?

As a community, how can we support and encourage one another to stay focused on the present and trust in God's provision? Share examples of how community and accountability can help us maintain a perspective centered on God's Kingdom.

Questions for Pastor Todd Keller or Julie Burch regarding your REMIX group?

- Email: Todd tkeller@collegechurch.com
Julie
groups@collegechurch.com

