

The Story: Chapter 24

No Ordinary Man

Pastor Kevin Donoho

September 24, 2023

DURING THE STORY SERIES, REMIX CLASS SESSIONS WILL BE DIVIDED INTO TWO SEGMENTS:

1) THE STORY STUDY GUIDE QUESTIONS CHOSEN BY THE LEADER.

2) THE FOLLOWING REMIX QUESTIONS:

Opening Discussion

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

REVIEW

Pastor Kevin walked us through how worry and anxiety can be two very different things. How they often present and impact us very differently.

To review worry is:

- Most of the time helpful and can improve your functioning, problem-solving, attention, and motivation.
- Very specific.
- Related to a realistic concern.
- Something that prompts us to act.

As you reflect on these descriptors, what in your life is causing you to worry right now? How does the act of worrying feel to you? How does it move you, if at all, to action? Share this with your group.

Conversely, anxiety is:

- Often accompanied by a physical response (i.e., sweating, tightening of the chest, etc.).
- Usually, a quick onset due to a perceived threat (may or may not be real).
- Hard to manage and often lingers.
- A source of interference for personal or professional functioning (i.e., impairs activities of daily living).

As you reflect on these descriptors, has there been a time, either in the past or present, when you experienced anxiety? How did this feel different to you than the worry described above?

Thought #1: Jesus wants us to seek Him as our provider!

Read Matthew 6:9-11 together:

“Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread.”

We serve a God who loves to provide for His children. Take a moment to share your praise for how He has provided for you this past week. Big or small, where did you see the evidence that He is Jehovah Jireh?

Remembering is a powerful weapon, especially in times of struggle. The enemy would have us believe that in times of worry and anxiety, we are on our own. Take a moment to recall how God provided for you in a time of worry or anxiety. How did He meet your need in that season? Share this with your group. If you haven't already, consider writing this down to remember in the future.

Thought #2: Jesus wants us to trust in His provision!

Read Matthew 6:25-34. As you do, take note of what lines or phrases stand out to you.

“Therefore, I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?”

“And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

Were there specific lines or phrases that resonated with you more than others? Were there specific

lines or phrases that challenged you more than others?

Pastor Kevin reminded us that persistent worry can lead to a need for control. A struggle to depend fully on God. Are there areas of your life where you resist surrender? Areas that you worry over, but still struggle to rely on the Lord? Circumstances or relationships you hold tightly to in worry?

From the passage above, Jesus gives a thoughtful case for why we can trust Him:

- I have created it all, and I sustain it all. Do you think I can't care for you, the centerpiece of my creation?
- Look around and see what I can do...therefore I can do the same for you.
- Worry takes so much energy. I have more for you than that.
- Each day has enough trouble of its own. I want you to focus on what is in front of you.

Which of these will you carry with you in this coming week? Share that with your group and consider inviting them into accountability for it.

It's important to note that Jesus didn't put this in scripture to make us feel bad about ourselves. It was designed to heap shame and guilt on us. It is simply a reminder of His Grace; An invitation for us to experience His Grace.

Thought #3: Jesus wants to carry our burden!

Read Matthew 6:33-34

"But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore, do not worry about tomorrow."

We can get into bad patterns of thinking. Writing a "script" for our lives where we see the worst-case scenario and play out those anxious thoughts like a broken record.

Jesus can interrupt our thoughts!

2 Corinthians 10:5 says "We demolish arguments and every pretension that sets itself up against the

knowledge of God, and we take captive every thought to make it obedient to Christ."

Sometimes we find comfort in our bad narratives or the arguments against what we know to be true about God. And it can be uncomfortable to push into new narratives.

What are "arguments" or narratives you struggle to shift? What "script" have you been reading from that needs to be flipped? What burden do you need to take to Jesus and ask Him to interrupt your thoughts?

We can also find ourselves choosing to carry the burden alone. Pastor Kevin reminded us of 1 Peter 5:6-7 which says to "Cast all your anxiety on Him".

When you hear the phrase cast your anxiety (to throw or fling) what comes to mind? What prevents you from doing this?

We also are called to live in community and should carry each other's burdens (Galatians 6:2). Do you find yourself leaning into community for your worries or anxiety? Why or why not? How can we as a group do a better job of carrying each other's burdens from day to day?

Prayer:

Father, You are trustworthy, and yet we forget that. Too often we try to work out every situation in our own thoughts without once acknowledging You. Remind us of the peace we have in Christ when we are stuck in rogue worries holding us captive.

Every day, may we lay down what burdens us in exchange for your joy. We know you can carry the weight of them all and today we choose to trust you with them. Teach us to cast all of our anxiety on You, because we know You love us.

We ask today for your Grace and for the reminder to be compassionate with ourselves. To see clearly that you are not disappointed in our worry, but want to bear the weight of it for us. We believe that You have so much more for us and surrender completely to Your will.

Amen

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

