

# onechurch

## bigIdea

It's just plain hard not to worry. There are so many things to worry about: job, family, money, health, world issues-the list goes on and on. Hoarding worry chokes our life and takes away our focus on God and makes us not trust Him. Worry is the opposite of faith. It is the sin of distrusting the promises and the power of God. Worry does not come from God, it comes from the enemy.



**BIG IDEA:** When we worry, we don't trust that God is in control.

### DISCUSSION QUESTIONS

1. What is the strangest or most funny thing you have seen someone (not in this group) worry about?
2. Sometimes life can seem like one of those "haunted house" amusement park rides...never knowing what will jump out of the dark at us next. What do you worry might "jump out of the dark" at you this week?
3. *Read Matthew 6:25-34.* What three worries did Jesus discourage among His followers? Why? (6:25) What benefits does worry bring? (6:27) What comfort can followers of Christ find in the beauty of nature? (6:30) What priorities should we have in life? (6:33)

*Here are 3 steps we can take when faced with a worry that immobilizing us and distracting us from God:*

#### **Step 1 -I will do what God asks me to do.**

4. What has God told you to do that you're not doing?

#### **Step 2 – I will give God what I cannot do.**

*Often what happens is we give stuff to God and when he doesn't act quick enough or in the way we want we begin to worry and we take it back because we think we can do better. Worry is about us thinking that we can do better and our God is too small. The answer is to change your view of God. If we totally trusted Him with what we cannot do on our own and we saw him as all powerful, we would not worry.*

5. How does worry distract us and put our relationship with God on "hold?"

#### **Step 3 – No matter what happens I will trust God.**

6. Which of these 3 action steps comes easiest for you? Which one do you usually carry out?
7. What worries are distracting you from focusing on God this week?
8. What are some practical steps you have taken to not let worry/anxiety distract you from God and rule your life? What keeps you from taking these steps more often?

### GOING DEEPER

1. *Read Luke 12:22-34.* Why did Jesus start talking about worry? (12:22) What is more important than food or clothes? (12:23)
2. What does God want us to seek? (12:31) Where can treasure be found? (12:33)
3. Why do we worry about food and clothes? What situations bring out the worrier in you? What has worrying done for you? How can we store up treasure in heaven? When can you pray?

## WHAT WILL YOU DO?

Go around the group and have everyone share 1 specific anxiety to pray about. Have someone in the group record all of these, and then email them out to the group (confidentially). Pray right now for each of these (either one person prays for them all, or each person prays for the person on their right). Next, pray every day between now and the next time your small group meets, over each of these issues. Next time you're together, share how God showed up.

God has a lot to say about worry. Check it out:

*"...I am convinced that nothing can ever separate us from his love. Death can't, and life can't. The angels can't, and the demons can't. Our fears for today, our worries about tomorrow, and even the powers of hell can't keep God's love away." (Paul in Romans 8:38)*

*"For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline." (Paul in 2 Timothy 1:7)*

*"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. 7And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." (Paul in Philippians 4:6-7)*

*"Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. 7Cast all your anxiety on him because he cares for you." (Peter in 1 Peter 5:6-7)*

*"Then Jesus said to his disciples: "Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. Life is more than food, and the body more than clothes. 24Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! 25Who of you by worrying can add a single hour to his life? Since you cannot do this very little thing, why do you worry about the rest? (Jesus in Luke 12:22-25)*

*"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." (Jesus in Matthew 6:33-34)*

Which of these above verses from God's Word speaks to you the most where you're at right now?

## CHANGING YOUR MIND

*"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."*

Matthew 6:31-32 (NLT)