



Week 3 / As I Grow Older... Am I Growing More Trusting? / September 7, 2025

Leader's Opening Question: "What is something you worry less about as you grow older?"

Sermon Discussion & Questions:

Read about King Hezekiah in 2 Chronicles 31:20 – 32:1–21.

- How did this king rely on God? List at least three actions he took that demonstrated his trust in God.

We discussed six ways to trust God when you are worried:

1. Pray now
 2. Don't pretend
 3. Proclaim who He is
 4. Profess your faith in His power
 5. Petition Him to hear
 6. Surrender to His purpose
- **Leader's Prompt:** Ask--Which of these do you already practice when worry or fear creeps in? Do you see an action plan in these six steps that you could adopt? Which one might be the most difficult for you to apply?
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Read Isaiah 38:16–19 together.

Hezekiah recognized that the Lord had a purpose in his suffering and found Him trustworthy. Where do you see this in the text? List specific words or verses that show Hezekiah's trust in the Lord.

- **Leader's Prompt:** Encourage the participants to use the text from the Bible specifically. Sometimes we list things that are not even in the passage.
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Read Matthew 6:25–30 together.

- Jesus points to the birds and flowers as reminders that God faithfully provides. What situations in your life tempt you to worry instead of trusting Jesus?
- How can we, as a group, specifically pray for you in this area?
- Is there anything in King Hezekiah's life—or in Jesus' teaching in Matthew—that is new to you or offers fresh wisdom about how to trust God?

Leader's Prompt: Use this last section as prayer request starters.