



LIFEgroup STUDY GUIDE

What you will need to supplement this guide:

1. A copy of the outline provided for notes on this message (copy from message or downloaded from the COASTAL APP).
2. A Bible or Bible APP to refer to verses.

PURSUING LIFE TOGETHER SUNDAY MESSAGE REVIEW

NOTE to the LIFEgroup Leader: This guide is provided as a tool to assist you in facilitating a structured discussion with your group. When used in conjunction with the outline notes and a Bible this tool will ensure that your group will *Engage Authentically*. The questions are merely recommended “talk starters”. It is important for you to let God help you navigate through the conversation as you *pursue life together* as a group.

OPEN IN PRAYER

STARTER QUESTIONS:

Where have you seen God at work in your life since we last met?

What stood out to you from the message this week?

MAIN IDEA:

- REVIEW THE MAIN TOPIC OF THE MESSAGE. Allow time for discussion
- READ THE MAIN SCRIPTURE FROM THE MESSAGE OUTLINE.

How did this verse speak to you in your life?

- REVIEW THE SUB-TOPICS of the MESSAGE.

Have someone read each of the verses that were highlighted in the message, and briefly discuss.

Is there an area that you feel God is speaking to you through this message?

FINAL THOUGHTS:

- SUMMARIZE the main idea of this message.

Would anyone like to share your thoughts about what we discussed today?

How can we pray for you as a group?

CLOSE IN PRAYER

CLARITY
"Worry"
(Matt. 6:25-34)

"... 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? Can all your worries add a single moment to your life? And why worry about your clothing? Look at the lilies of the field and how they grow. They don't work or make their clothing, yet Solomon in all his glory was not dressed as beautifully as they are. And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith? 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. 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."
Matthew 6:25-34 (NLT)

"... I tell you not to worry about everyday life."

Matthew 6:25 (NLT)

Worry hinders your:

- Emotional life
- Physical life

"Worry affects the circulation, the heart, the glands and the whole nervous system. I have never met a man or known a man to die of overwork, but I have known a lot who died of worry."

-Dr. Charles Mayo

- Spiritual life

Like Frankenstein's monster, worry gives life to all the "what if's", and takes life away from all the "God is's".

God is:

- Love (1 John 4:8)
- Peace (Eph. 2:14)
- Hope (Romans 15:13)

"Can all your worries add a single moment to your life?"

Matthew 6:27 (NLT)

"Worry weighs a person down."

Proverbs 12:25 (NLT)

Worry Weight = Threat Level x % Chance x Multiple Issues

"Don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today."

Matthew 6:34 (NLT)

Anticipatory worry: worry that amplifies and compounds the "what-if's" you're facing.

"... I tell you not to worry about everyday life — whether you have enough food and drink, or enough clothes to wear."

Matthew 6:25-26 (NLT)

"... I tell you not to worry about everyday life — whether you have enough food and drink, or enough clothes to wear... 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..."

Matthew 6:25-34 (NLT)

"If God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith?"

Matt. 6:28-30 (NLT)

"Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need."

Matthew 6:33 (NLT)