

THE SAINT PAUL'S BAPTIST CHURCH
GROW | PRAY | SERVE



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Welcome!

Series: Rhythms of Grace

Today's Message: Don't You Worry 'Bout a Thing
Dr. Lance D. Watson, Senior Pastor

PRAYER: God of peace and grace, when panic attacks and visits me, remind me that my peace comes from you and is not based on circumstances or feelings. I lay my problems and worries at your feet. I choose to focus on the love and care that you have given me. I know that I can't win on my own. I need you, Jesus Christ, and I thank you for carrying my burdens and easing my worries. With that, I know I cannot be shaken. In your name, I pray. Amen.

ICEBREAKER: In a single word, describe one thing that causes worry in your life.

INTRODUCTION: Alfred E. Neumann said, "What, me worry?" and Bobby McFerrin encouraged, "Don't Worry, Be Happy!" However, while our culture suggests that apathy and feel-good optimism are aims that help avoid worry, only God's Word offers a true prescription and an iron-clad promise to overcome our troubles when they arise. God promises nothing less than God's presence for you, giving you His best to guide you through your worries to provide you with the means to be thankful even in and throughout your difficulties. You don't have to worry 'bout a thing.

BIBLE STUDY: Read Philippians 4:4-7 (NKJV)

DISCUSSION QUESTIONS:

1. **What was your biggest takeaway from the message?** What's one thing you learned? What questions came to mind as you listened to the message today? What points did you find most insightful? How did the message challenge you?
2. Consider the issues that give you the most anxiety or cause you most to worry. Upon what do they tend to focus? Family? Work? Friends? Your future? Decisions to make? Share a one sentence prayer with the group that God will help you in your worries to trust God and have peace in the circumstances that trouble you.
3. Do you agree or disagree with the first statement, "The command is simple, 'Do not be anxious about anything.'" Why or why not?
4. Read the last part of verse 5. What does it tell you about why you must not worry about anything, and what difference does this detail make in your efforts to not worry?
5. What does this verse prescribe as the alternative to your worry? By what means does this verse state your requests about everything should be made known to God? What does this mean to you? How is it possible to make these prayers and requests with thanksgiving? What is the mindset that makes thanksgiving like this possible?

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CHALLENGE: What is one thing you can stop worrying about this week? How will that shift impact your life?

SERVE: Pray over Philippians 4:4-7 this week. **Praise** God now for the privilege of prayer. **Listen:** when you are quiet before God, it is amazing how clear things become. **Respond.** Write it down, live it out, give Him praise!

ANNOUNCEMENTS: Take this time to share group announcements. Church wide and campus specific announcements can be found at www.myspbc.org. You can also “find, follow and like” our Facebook page at facebook.com/myspbc. Turn on your notifications.

CELEBRATIONS: Take this time to share praise reports (e.g. answered prayers, birthdays, anniversaries, promotions).

PRAYER REQUESTS & PRAYER: Take this time to share prayer requests. Close with prayer.

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We Care!

NOTICE: PLEASE BE PATIENT AS WE GRADUALLY REOPEN OUR CAMPUSES IN THE SAFEST MANNER POSSIBLE. As a small group leader, we depend on you to show members that we care. Here's a list of resources to help you.

FOR PRAYER:

CALL: 804.463.2472
EMAIL: prayer@myspbc.org.

FOR COUNSELING:

CALL: 804.643.6177
EMAIL: Barnabas@myspbc.org

TO REQUEST A HOSPITAL VISIT:

CALL: 804.304.3890 (For Emergencies)
EMAIL: ecare@myspbc.org.

TO REQUEST FUNERAL SUPPORT:

CALL: 804.304.3890 (Pastor On Call)
EMAIL: ecare@myspbc.org.

TO FIND A SUPPORT GROUP:

CALL: 804.643.6177
EMAIL: Barnabas@myspbc.org.

TO REQUEST EMERGENCY ASSISTANCE:

CALL: 804.643.4000
EMAIL: emergencyassistance@myspbc.org.

TO CONTACT MY LIFE STAGE PASTOR:

CALL: 804.643.4000 and Press 1 for the Dial By Name Directory

EMAIL:

- Imagination (0-10): Vernita Williams: Vernita.Williams@myspbc.org
- SMB (11-19): Martina Jones-Smith: Martina.Jones-Smith@myspbc.org
- Dreamchasers (20-29): Juan Shackelford: juan.shackelford@myspbc.org
- Aspire (30-39): Lance Watson, Jr.: lance.watsonjr@myspbc.org
- Fusion (40-49): Michelle Townsend: michelle.townsend@myspbc.org
- Encore (50-59): Jamie Duncan: Jamie.Duncan@myspbc.org
- Prime Time (60-69): Maceo Freeman: maceo.freeman@myspbc.org
- Refiners (70+): Roscoe Jones: roscoe.jones@myspbc.org

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Small Group Leader Guide

Would you like to START or JOIN a Small Group at Saint Paul's?

Most existing groups are open to new group members, and new groups begin on a regular basis. If you have friends in a small group, ask about joining their group. If you are new to Saint Paul's and are looking for a place to connect, please feel free to contact us and we will do our best to help you find the right group.

Leader Tips:

The GPS document is a guide for discussion. Don't feel like you must use every question. Some questions will take a while to work through while others will be over in a few seconds!

1. Don't teach the lesson. The sermon was taught on the weekend. Just ask questions and let everyone else talk.
2. Let other people ask questions. It's OK to go "off topic" for a while. Sometimes those conversations are more interesting anyway!
3. Have fun. Relationships, not curriculum, are the heartbeat of our small groups. So, have fun with the people in your group.

Agenda for a Small Group Gathering

Gathering Time

Take 5-10 minutes to welcome everyone, catch up and if planned, share some food!

Discussion Time

Here's a suggested format:

1. **Ice Breaker** – Lighthearted icebreaker question (5-10 min.)
2. **Discussion** - Discussion time, Bible study, application challenge (30-40 min.)
3. **Prayer** – Prayer requests and praying for one another (10-20 min.)
4. **Planning** – Remind the group of how we serve together (e.g. usher, sing, greet, pray, etc.)