

Can't Stop The Feeling Worry

TALK IT OVER

Icebreaker: (Suggested time 5 min.)

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?

- How do you typically handle unexpected events in your life?

Key Scripture:

*Using your Bible or Bible APP Read
Matthew 6:25-34*

Objective: To recognize and face feelings of worry that hold we can not stop, then release them to God.

- (Suggested time 3 min.) How might irritability and impatience be a symptom of worry in your life?
- (Suggested time 3 min.) What other indications of worry do you see in your life?
- (Suggested time 3 min.) How does worry distract us and put our relationship with God on “hold?”
- ((Suggested time 3 min.) What worries are distracting you from focusing on God?

Group Activity: (Suggested time 5 min.)

On a piece of paper write down the worries that you can not stop (your top three worries)?

Key Questions

- 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)

Start talking. Find a conversation starter for your group.

- Where in life are you most discontented?
- Why do we so often allow ourselves to be consumed by worry?
- What are some of the ways God is working in your life right now?

Start thinking. Ask questions to get your group thinking.

- How has worry influenced your thoughts and actions?
- If God is really in control of the universe, why do we worry so much about so many things?
- How would you describe your current level of trust in God? What steps do you need to take to build your trust in Him?

Start sharing. Choose questions that create openness.

- What worries do you struggle to keep under control?
- What can help you entrust your worries to God?
- What's keeping you from giving your worries over to God?

Start praying. Be bold, and pray with power.

Dear Father, I admit that I often forget that you are with me. I often forget what you're like. Would you please forgive me for that? I need to get to know you better. I need to get to know your Word and your promises better. Help me to put you first in every area of my life. Help me to live one day at a time. Help me to not worry about tomorrow but instead focus on what you're doing in my life right now. I want to trust in your promise to take care of every one of my needs — financial, relational, physical, social, spiritual, and emotional. Help me to trust you more and worry less. I pray in Jesus' Name. Amen.

Start doing. Commit to a step, and live it out this week.

- What steps do you need to take towards becoming fully satisfied in God?
- What specific worries do you need to give over to the Lord today?
- What steps can you take today to change your priorities from worldly ones to kingdom ones?

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