

Conversation Starters

- How has your life changed in the past couple of weeks?
- What is your greatest challenge right now?

Discuss

The unfolding of everything related to the coronavirus has incited (understandably) much worry. It's left a lot of us wondering what to do with that worry. Jesus had some clear direction about worrying – He said don't do it. Jesus reminds us that worry doesn't really accomplish anything for us...but it will take away from us truly living and amplify what's causing us to worry to be greater than it actually is.

"Can all your worries add a single moment to your life?" ([Matthew 6:27 NLT](#))

- What right now or in the past has caused you anxiety?
- How did the way you managed that anxiety affect your daily living?
- Did worrying accomplish anything for you?

Jesus also wanted to remind us that God cares about us and everything that is going on in our life. Every life matters to God. Deeply. He challenges us to have greater faith in Him too. When we give in to worry and don't have faith, we are functionally atheist.

"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?... 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." ([Matthew 6:26, 28-32 NLT](#))

- Where do you turn to in a crisis?
- Do you bring everything to God in prayer?
- According to this passage, how would you describe God's love and care for you?

Jesus's challenge to greater faith isn't about downplaying what's happening around us. It's about instead choosing to have a vertical and eternal mindset that puts worry in it's proper place. God is impeccably trustworthy when we put Him first in everything and trust his leadership for every area of our lives'.

"Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need." ([Matthew 6:33 NLT](#))

- Do you seek God's will for all areas (relationships, work, finances, etc.) of your life?
- Do you trust Him when you learn about His will for each of those areas?
- What areas do you still need to seek His will in?

Next Steps

Worrying is a choice. Between "stuff" happening and worry, there is a decision we make about how to respond. We can choose to worry, or we can have faith. When we trust God and choose to put our faith in Him, He doesn't promise to take away what's worrying us, but He does promise to give us everything we need. He will give us the strength to get through and endure our circumstances. Spend some time this week praying about what is worrying you. Here's a helpful guide to follow, if needed:

1. Tell God what is worrying you.
2. Tell Him you know He cares.
3. Tell Him you trust Him with it, and that you are going to place it in His hands.
4. Ask Him to give you whatever it is *He* knows you need.
5. Thank Him that you don't have to worry anymore because He keeps His promises.

Staying connected during worrisome times is vitally important. While our traditional means of staying connected has changed a bit, there are still great opportunities to get involved:

1. Attend a [service online](#). And chat with others there too!
2. Follow and interact with us on [social media](#).
3. Join us for a class in the [Meck Institute](#) – yep, online!
4. [Let us know](#) how we can pray for you too and if you need to speak with anyone!

Further Reflection

Read [Matthew 6:25-34](#); [Psalm 55:22](#); [1 Peter 5:7](#).

Pray

God, though there are many unknowns and concerns right now in our world, we know that You are sovereign and care deeply for each and every one of us. We choose to trust You through it all. Please give us what *You* know we need during this time. Thank You for Your love and for being faithful to keep all of Your promises so that we don't have to worry anymore.