



Hillside Church of Marin
Small Group Discussion Guide - 01/14/24

The Places We Get Stuck - pt. 2

Scripture: [Matthew 6:25-34](#), [Philippians 4:6-9](#)

Main Point: We can find freedom from being stuck in worry by putting God's love and purposes at the center of our lives.

GETTING STARTED

As we learned last week, we can begin to find freedom from the places we get stuck as we recognize we are stuck, ask God for help, and seek a greater connection to God. This week we are looking specifically at worry as one of the ways we get stuck.

- How does worrying effect you? Think of a time in your life where worry overwhelmed you but in the end you worried "for nothing." Share it with the group.
- Are there any similarities in the stories you are sharing?
- Why do we worry?
- What are ways that you have used to cope with worrying in the past?
- Can you think of a time worrying helped? How?
- What does worrying steal from you?

DISCUSS THE TEXT

Read Matthew 6:25-34

- What strikes you the most about this passage?
- In your own words what is Matthew saying?
- What's your first reaction to the phrase "Do not worry about your life"?
- Read Matthew 6:34 again. Given what you know of God, what do you think living a life without worry looks like?

Now read Philippians 4:6-9

- What is the tension between the worry we've been talking about and anxiety found here in Philippians?
- Are they the same or different to one another? Explain.
- What is this passage saying we should do?

REFLECT AND APPLY

- In these passages, the Bible tells us to live out what we believe, what we confess – that God is in control.
- How does coming to God in prayer and praise help relieve your worry and anxiety?
- Think through a list of places in your life where you worry or are feeling anxious, after reading and discussing the scriptures this week, what is one thing that you want to add to your daily routine to reduce worry? Think about it for a moment and share with the group if you feel comfortable doing so.

PRAYER

- Each person share with the group, as you are able, one area of worry that we can be praying for you. Not your family, not your neighbor but YOU.
- Now take a few minutes as you wrap up tonight to pray for one another.