

**SERMON SERIES:** Encounters  
**SPEAKER:** Ryan Lingbloom  
**DATE:** December 1, 2019



## Key Line

Worry never fixes tomorrow; it ruins today.

## Introduction

What are some things people worry about? Which of those items do YOU worry about?

What's the difference between "worry" and "concern"? (concern is caring for someone/something; worry is trying to control someone or something...it's "concern gone bad")

Today we're discussing some very practical teaching Jesus gave on the subject of worry.

## Seek the Word

Read Matthew 6:25-34.

- Verse 26. Why is it important to know that I am valuable to God? (*eg, it reminds me that He will take care of me. For a believer, it's also a reminder that I am His child.*)
- Verse 32: "Your heavenly Father knows that you need [these things]." What does that mean? (*possible answers include: our needs don't take God by surprise; He will take care of us.*)
- How is verse 33 an antidote for worry? (*one possible starting point answer is: It changes our focus. Discuss that in some detail, how seeking God first can help stifle our tendency to worry.*)

## Talk About It

Here is a collection of statements from Ryan's sermon. Discuss one or more, as time permits. *Option: divide into groups of 2-3 people. Give each group one statement to discuss. Then have all smaller groups report to the whole group.*

- Only 8% of what we worry about actually happens.
- Jesus won't always change the circumstances that I'm worried about; rather, He wants to have a relationship with me as I go through those circumstances.
- Worry never fixes tomorrow; it ruins today.
- Pointing worry in God's direction is worship. Pointing worry in any other direction is worthless.
- If something is big enough to worry about, then it's big enough to pray about.

Ryan gave us 5 possible habits that, if cultivated, can help us focus on God, not our worries. Discuss how each one does that:

- Worship
- God's word (ie, spending time in the Bible)

- Prayer (eg, crying out to God... saying “I’m tired of carrying this thing I’m worried about, alone”)
- Giving
- Communion

If time permits: What are some other verses that deal with worry? (eg, Philippians 4:6-8; Isaiah 26:3-4)

How can other people help someone with his/her worries? *(eg, talking / listening / praying together; helping in tangible ways with whatever it is that is worrying the person, if appropriate)*

Close in prayer, allowing people to pray silently or aloud for the things that worry them, or that worry those closest to them.