



ORIGINS

APPLICATION QUESTIONS

“Do not merely listen to the Word, and so deceive yourselves. Do what it says.” James 1:22 NIV

SUMMARY

In the ongoing *Origins* series, Eric DiCicco walked us through what Jesus had to say about the topic of worry from Matthew 6:25-34. Eric’s message, “Help for the Worried Heart”, gave insight into the variety of things we worry about, the truths about what those worries result in, and the practical steps to move out from under the weight of worry.

APPLICATION

- 1. Worry feels justified because it is tied to legitimate needs.**
 - What do you worry about personally?
 - How have you rationalized that it is okay to do so?
- 2. Worry is not synonymous with concern. Concern leads to action. Worry leads to inaction.**
 - Historically when has concern crossed over into worry in your own life?
 - How does your attitude/demeanor change when you’re concerned vs. worried about something?
- 3. Worry is unproductive.**
 - Who is the biggest worrier you know?
 - Have ANY of their worrisome circumstances changed?
- 4. Worry is a faith issue. (see verse 30)**
 - Jesus said *plainly* that they had little faith. Where has God told you plainly that you lack faith?
 - What one thing can you do, this week, to increase your faith in that area and not worry?
- 5. Worry is worldly. (see verse 32 from New Living Translation, if possible)**
 - Why do we allow what the world deems appropriate to be okay in our life too?
- 6. Step 1: Prioritize your life around God’s Kingdom. (see vs. 33 and Philippians 4:6-8)**
 - How can this group help you be accountable to seeking *first* His kingdom and His righteousness?
 - Be Prayerful. Be Thankful. Meditate on Truth. Which of these 3 things is the most difficult to do? Why?
- 7. Step 2: Focus on today (see verse 34)**
 - Why is the future such a worry for us?
 - What does it look like for you to give control of tomorrow’s unknowns to the all-knowing God?

PRAYER

Confess your worry to Him. Thank Him for what you do have. Seek His Kingdom and His Righteousness.

