



CARRIERS

GIVE YOUR WORRIES TO GOD

Matt VanCleave

April 19, 2020

GROUP ICE BREAKER

In hindsight, what is the most ridiculous thing you spent time worrying about? How did you realize it wasn't worth the worry?

REVIEW LAST WEEK'S NEXT STEPS

What, if any, next step did you commit to last week, how did it go?

- I will not give in to despair.
- I will not live in denial.
- I will actively wait on the Lord.
- I will do life with Jesus as I wait for deliverance.
- I will live like God is at work in my Saturday.
- I will hope God brings good out of my Saturday.
- I will live like something better is coming.

THIS WEEK'S SERMON RECAP

Worry is one of the most crippling forces attacking human beings in the world today. We worry about jobs, health, relationships, and finances and it paralyzes our ability to trust God. Paul says in Philippians 4:6: "Don't worry about anything" but how this is possible? Three questions answer this for us. The first: Who wrestles with worry? Everyone. Some of you know you worry but some prefer to stay in denial, training yourself to not think unpleasantly. The second question: Where does worry come from? Worry results primarily from two things, a heightened sense of vulnerability, and a diminished sense of power. But with God, you are not ultimately vulnerable to anything, not even death itself. You have no reason to ever be anxious. The third question: What's Paul's alternative to worry? You cannot free yourself from worry by simply trying to not. Paul says in Philippians 4 to "... pray about everything." Praying doesn't mean that you never feel worried, it's the idea that anytime you feel a twinge of worry, God wants you to take it directly to him. There are two key components to the kind of prayer that is stronger than worry. The first is in everything, make your requests known to God. The second component is to make listening and responding part of your prayer. Prayer is connected to a willing heart and a life of obedient faith. Listen to God and identify if there's something you need to do to address this concern or worry.

DISCUSSION QUESTIONS

1. Proverbs 12:25 says that worry weighs a person down. How? What has that looked like in your life? What does it look like now? How have you dealt with it?

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DISCUSSION QUESTIONS (CONT)

2. Read Matthew 6:25-34. If God takes such care of the birds, flowers, and grass in such a plentiful way, why do we worry that we will not be taken care of? What are the doubts that lead us to that belief?
3. The Apostle Paul said the best way to worry about nothing is to pray about everything. How does prayer defeat worry? Have you experienced this in your life? If so, please share with the group.
4. What hinders us from taking everything to God in prayer?
5. In prayer, the concern we have may become a prompt for action. Have you experienced this, where God took your worry and turned it into an invitation? Share with the group what it was and how you responded.
6. Do you believe, that in the midst of your current situation, God cares for you? Why or why not?

NEXT STEPS FOR THIS WEEK (COMMIT TO GROW)

- I will memorize Philippians 4:6-7
- I will pray about what's going on inside of me.
- I will believe God's desire for me is peace.
- I will see worry as a cue for me to give it to God.
- I will say, "Yes," to the action God wants me to take.
- I will live like I'm under God's care and control.

SCRIPTURE REFERENCES

- Proverbs 12:25
- Philippians 4:6
- John 16:33
- Romans 8:35
- Romans 8:37-39
- Philippians 4:13
- Matthew 6:25-30
- Philippians 4:6
- 1 Peter 5:7
- Philippians 4:7
- Matthew 11:28-29
- Jeremiah 27:12
- Galatians 5:1