



WORRY

Matt VanCleave
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GROUP ICE BREAKER

Share a meaningful memory and/or celebration of one of your Summers.

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

We all deal with worry. Some of us deal with it all the time, others deal with it sporadically. Our worry arises for differing reasons in differing seasons; it might be because of health, work, finances, or a relationship. It may spring up during holiday festivities or times marked for celebration, and for some of us worry is a constant companion.

Worry does not just plague our thoughts, but it can manifest into the physical. Worry can cause our muscles to tense, or breath to shorten, our hearts to race. At times our worry can make us feel disconnected, trapped, separate from our community and from God. As worry manifests in our minds and in our bodies we can be led to wonder if something is wrong with us, or if we are 'bad Christians' because of our constant worry.

But the good news is that we don't have to be paralysed by our worry. In the Sermon on the Mount Jesus teaches us that He has great compassion for those who worry, and that He hates how worry floods our lives. Offering us a new present focused reality, Jesus moves us to seek the kingdom of God above our worry. Join us this week as we learn how to give our worries to God and live with His peace that is beyond human understanding.

DISCUSSION QUESTIONS

1. If you had to rate your scale of worry with 1 being I do not worry at all and 10 being I worry constantly where would you fall?
2. Do you ever find it difficult to talk about why or what you worry about? Why or why not is it difficult for you to talk about?



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DISCUSSION QUESTIONS (CONT)

3. Jesus could have covered a wide range of topics in the Sermon the Mount. Why do you think he included this discussion on worry?
4. Read Matthew 6:26. Jesus would look at birds and it would make him think about how good God was. Is there something in your life, a place or person, that is your 'bird'? Does something in your life help you remember the goodness of God?
5. Read Matthew 6:33-34. What does seeking the kingdom look like in your life? How does the practice of remembering God's goodness and seeking the kingdom help you as you combat your worry?
6. What can you, as a small group community, do this week to support and encourage those in cycles of worry?
7. What can you, as an individual, do this week to monitor your worry and seek God's peace?

NEXT STEPS FOR THIS WEEK (COMMIT TO GROW)

- I will memorise Phillipians 4:6-7.
- I will pray about what's going on inside 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 live like I'm under God's care and control.

SCRIPTURE REFERENCES

- Matthew 6:25-34
- Phillipians 4:7
- John 13:34
- Luke 12:6-7
- John 16:33
- John 14:1
- John 14:27
- Psalm 46:1
- Phillipians 4:19
- Psalm 27:1
- Joshua 1:9
- Psalm 23:6
- Romans 8:38-39