

Peace of Mind Worry(less)

TALK IT OVER

Key Scriptures

"... You cannot serve both God and money."
Matthew 6:24 NIV

"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. ..." Matthew 6:25 NIV

"Therefore do not worry about tomorrow, for tomorrow will worry about itself. ..." Matthew 6:34 NIV

"Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?"
Matthew 6:26 NIV

"Can any one of you by worrying add a single hour to your life?" Matthew 6:27 NIV

"But seek first his kingdom and his righteousness, and all these things will be given to you as well." Matthew 6:33 NIV

Start talking. Find a conversation starter for your group.

- What's something small that worried you this week?

Start thinking. Ask a question to get your group thinking.

- Which part of this message was most impactful for you and why?
- How do you typically handle or process your worries?
- Read **Matthew 6:33**. How could seeking God's kingdom impact your thought life and worries?

Start sharing. Choose a question to create openness.

- Talk about the difference between worry and concern. How could you change your worries into concern that moves you to action?
- Share about a time when you worried about something that didn't actually happen or wasn't as bad as you thought. How could that experience impact how you handle worry this week?

Start praying. Be bold and pray with power.

Father, thank You for being our source of peace when we feel worried. Today, we're choosing to bring our worries to You so that You can show us Your truth and goodness. Lord, we know that whatever happens, You will carry us through. Show us more of You today. In Jesus' name, amen.

Start doing. Commit to a step and live it out this week.

- Make a plan to defeat your worry: If this study has revealed that you can handle worry better than you do, pre-plan a better way.

While we had fun with the illustration #HowBoutDemBirds, Jesus used a common part of daily life that was meant to be a mental trigger for the people. Whenever they worry, they could see or think of the birds and build a "muscle memory-like" response when tempted to worry.

Have fun, if it helps process, write yourself a step-by-step instruction manual for how you handle worry. Try using components of our study like "address the concern" and "give it to God."

We're praying for you to overcome!