



Ice Breaker (in groups of 2 or 3 for larger groups)

Share about something in your life that turned out better than planned or expected.

Talk About it!

QUESTION 1

Matthew 6:25-34 New Living Translation

25 "That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing? 26 Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are? 27 Can all your worries add a single moment to your life?

28 "And why worry about your clothing? Look at the lilies of the field and how they grow. They don't work or make their clothing, 29 yet Solomon in all his glory was not dressed as beautifully as they are. 30 And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith?

31 "So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?' 32 These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. 33 Seek the Kingdom of God^[a] above all else, and live righteously, and he will give you everything you need.

34 "So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.

Discuss:

What things cause you the greatest amount of stress, anxiety or worry - just briefly name it without getting into too much detail?



QUESTION 2

Proverbs 12:25 New Living Translation

*25 Worry weighs a person down;
an encouraging word cheers a person up.*

Ecclesiastes 11:10 New Living Translation

10 So refuse to worry, and keep your body healthy. But remember that youth, with a whole life before you, is meaningless.

Matthew 13:22 New Living Translation

22 The seed that fell among the thorns represents those who hear God's word, but all too quickly the message is crowded out by the worries of this life and the lure of wealth, so no fruit is produced.

Discuss:

What are the spiritual and physical effects of unaddressed worries and anxieties?

QUESTION 3

Matthew 6:31-33 New Living Translation

31 "So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?' 32 These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. 33 Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

Discuss:

According to Jesus, why is it unnecessary for us to worry about our physical and material needs? What causes worry - and what cures it? How do we honor Jesus' command to seek first God's kingdom and righteousness?

QUESTION 4

1 Peter 5:7 New Living Translation

7 Give all your worries and cares to God, for he cares about you.

Discuss:

How do these words help you understand how to make the 'shift', and do the 'swap' you heard about in the message? How have you experienced making the shift and the swap called for in these verses?



QUESTION 5

Matthew 18:2-4 New Living Translation

2 Jesus called a little child to him and put the child among them. 3 Then he said, "I tell you the truth, unless you turn from your sins and become like little children, you will never get into the Kingdom of Heaven. 4 So anyone who becomes as humble as this little child is the greatest in the Kingdom of Heaven.

Psalms 116:6 New Living Translation

6 The Lord protects those of childlike faith;
I was facing death, and he saved me.

Discuss:

What will help you to keep moving in the direction of a childlike faith so you can experience more of God's peace in your life?

A hush the hustle reset:

I'm here in God's presence

I'm hopeful for how things will go

I'm holding high the Kingdom of God!