Million Dollar Questions - Jesus asked them. How will you answer them?

Don't Worry I'm Worried Sick - Week 2

This resource can be used to guide your personal anchoring time throughout the week, a small group discussion, or even a one-on-one conversation.

READ

Begin by reading Matthew 6:25-34.

- As you read, underline or highlight each time Jesus reminds his disciples not to worry.
- Did you happen to have any worries when you were a child that you do not have anymore? (Like quicksand, the dark, heights, or certain animals)
- What questions do you have after reading these verses?

REFLECT

As we grow older, it seems like there is more to worry about rather than less. There is a tension between the illusion of control and the knowledge that ultimately God is in control. When we seek out control of our circumstance, it is easy to drift into worry and anxiety that causes us to distrust God, then disbelieve God, and finally, disobey God. Jesus' instruction, "Do not worry" leads us to experience the freedom from the love and peace found in Him.

- *Reread Matthew 6:25-34.* How would you define worry? What are the areas of your life where you have felt worried?
- How can worrying lead to doubting people and God?
- Where have you seen worry subtract from your life rather than adding to it?
- Self-reflection is crucial to understanding when you begin to worry and doubt God. How does worry and anxiety display itself in your life?
- How does focusing on God's kingdom change your perspective when you feel worried or anxious?
- What can you do this week to focus on God's kingdom this week?

PRAY

Begin your time of prayer by reading 1 Peter 5:6-7. Read it slowly. Now, use this verse to guide your prayer. To get you started...

FOCUS on God's unrelenting care and love for you.

THANK God for being there to comfort you in moments of anxiety.

CONFESS where you have tried to take control rather than letting God be in control.

ASK the Holy Spirit to bring you peace when you experience worry.

*Keep going this week by reading these scriptures:
Joshua 1:9
Psalm 94:19
Jeremiah 17:7-8
Psalm 23