



## Home Group D-Guide

### *HOW TO WRESTLE WITH WORRY AND WIN*

**ICEBREAKER:** Do you believe in reincarnation? Why or why not?

**OVERVIEW:** In Matthew 6:25-34, Jesus teaches us about the dangers of worry, and why we don't have to worry. We are tempted to worry when we perceive a threat to our values. It's a hyper-focus on the future accompanied by inner feelings of dread, fear, and uneasiness. And worry is a big deal. It's a spiritual issue. There's more to it than the fact that worry is pointless and harmful. Worry ultimately prevents you from living the fully devoted life. In this study we will spend some time learning how to overcome and avoid worry.

1. Read Matthew 6:25-34. What insight, principle, or observation from this weekend's message did you find to be the most helpful, eye-opening, or troubling? Explain. (Or what was your key takeaway from Sunday's message?)
2. Read Philippians 4:6-7.
  - List the commands in this passage.
  - How does prayer help to overcome worry?
  - How does giving thanks help to guard against worry?
  - What does it mean that God's peace will guard your heart?
3. Why is worry a big deal?

4. Why is worry a sin? How does it conflict with the kind of attitude that Jesus wants you to have?
5. How does worry prevent you from living the fully devoted life?
6. Jesus makes three bold promises in this passage: You are highly valuable to God; God knows your needs; and God will meet your needs. Do these promises help you not to worry? Explain.
7. God knows and promises to meet your needs. If you lose something or don't get something you think you need, then obviously you didn't need it, and God will give you something better. Can you give an example of how this has played out in your life?
8. What issues do you tend to worry about? And describe the last time you were worried and the circumstances you were in.
9. How can this message and Jesus' words help to combat worry in the future?

#### PRAYER REQUESTS

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A key to overcoming worry is faith – trusting God at His word. Jesus says that you are very important to God; that God knows all your needs; and that God will give you everything you need. Will you trust God?