

Giving Up Worry • Week #5
Matthew 6:9, 11, 25-34 & Luke 12:22-34

Open:

- Does worrying affect our ability to be present in the moment? Why or why not?

Discuss:

- Do you think there's a connection between our spiritual journey and the way we worry?

Read together Matthew 6:25-34 & Luke 12:22-34

- What in these passages stands out to you? Surprises you? Challenges you?
- Why do you think Jesus is mentioning "*storing away in barns*" in connection to worry? (Matt 6:26-27 & Luke 12:24)
- In your own words describe how Jesus is telling us to overcome worry. (Matt 6:33-34. Luke 12:31-34)
- Jesus is teaching us to pray (Matt 6:9-13). How can His example be helpful in your own prayer life?

Referencing our Lenten devotional booklet, what is one thought or idea from Stephen Noble's piece that especially intrigued, provoked, disturbed, challenged, encouraged, warmed, helped, or surprised you?

- What consistently worries you? Do you trust God to fight that battle for you?
- How does holding onto worry hinder your life with Christ and others?
- How does giving up worry grow your life with Christ and others?

Practices for the Week:

Practice giving up worry by growing in gratitude.

For the next week keep a gratitude journal. Each evening review your day noting all that you can be thankful for. Allow what you find to remind you of God's on going presence and provision in your life.

Meditate on giving up worry by memorizing Matthew 6:34

Readings that will help you give up worry . . .

- *What's So Amazing About Grace?*, by Philip Yancey • Chapter 5 - *The New Math of Grace*