

Sermon Questions for Life Groups, Individuals, and Accountability Groups

January 17, 2021

Worry: What Does the Bible Say?

Matthew 6:25–34

Pastor Jeff Hinds

CONNECT:

- What is your biggest worry right now?

GROW:

- Read Luke 10:38–42. Martha's issue is a divided mind. She allows urgent things to drive her from what is most needed...time with Jesus. What does putting Jesus first look like in your life? Is this something you need to work on? What urgent things can sometimes stand in your way?
- Pastor Jeff emphasized the role of prayer in dealing with anxiety. How do you describe your prayer life? What practical things do you practice to incorporate daily prayer into your life? Is it easy or difficult to ask for prayer when you are suffering from worry/anxiety?
- There are times when we can "give things to God" and then take them back. What is the most difficult thing for you to leave at the feet of Jesus?
- Matthew 6:34 tells us that we are not to worry about tomorrow, for tomorrow will bring its own worries. How would you define the difference between planning for the future and worrying about it?
- Make a list of things that you routinely worry about. Note whether or not each topic is something that you can control. Name each one out loud and give it to God. Do this daily. Make sure to pay attention to what is worrying you daily and add any new topics to your list. Evaluate your worry level at the end of the week. Did it improve? Did it become easier to give things up and actually leave them there?

GO:

- What can you do this week to encourage someone who is suffering with anxiety in these trying times?