



GROUPSDISCUSSION GUIDE

WEEK Feb 5–11

MAIN IDEA

The habit of worry.

CHECK IN (HIGHS & LOWS) 15 min

1. Take turns quickly sharing the “highs & lows” of your week. High: What was your biggest highlight since we last met? Low: What was the low point during this time?
2. What scripture did you meditate on last week? Did God reveal any areas where you are providing excuses for something He is inviting you into?

SETTLE IN (ICE BREAKER) 10 min

What are the “what ifs” you are having a hard time answering right now?

DIG IN (UNDERSTANDING) 35 min

1. Read Matthew 6:25-27. Why do you think Jesus talks specifically about food and clothes in this culture? How does this translate in today’s culture for you?
2. Why is it important to understand how valuable we are to God?
3. What does Matthew 6:25-27 reveal about what God wants for you?

4. Read Matthew 6:33. What is the promise that God is making in this passage? Is this promise conditional?
5. In what ways can you discern God’s will in moments of worry?
6. Read Philippians 4:6-7. What are the different ways we are being invited to lean into God during times of anxiety? How does God provide for us if we lean in?
7. How has God provided for you in a stressful, worry-inducing situation?
8. Reflect on John 10:10. How does living in a state of worry prevent you from experiencing the abundant life found in Jesus?

GEAR UP (APPLICATION) 15 min

1. How does worry play a part in your life? Is inviting God into the situation your “go to” reaction in handling worry? Why or why not?
2. What are some practical steps you can take this week in breaking the habit of worry?

STEP UP (HOMEWORK) 5 min

1. Use one of the scriptures above to meditate on this week. Share with your group at the beginning of next week’s meeting about any areas where worry is keeping you from leaning into God.
2. If you purchased the book, *Creatures of Habit* by Steve Poe, read chapter 12 on Prayerlessness to prepare for next weekend’s sermon.