



TALK IT OVER

Anxious Worry

BOTTOM LINE

The transformation from anxiety to calm is found by the curious.

CONVERSATION STARTER

What is “one good thing” about this week that you would like to share?

THINGS TO CONSIDER

What did you hear?

What do you think?

What will you do?

RESOURCES

- The Daily: newpointe.org/thedaily
- [Winning the War on Worry & Anxiety](#) by Max Lucado (9 min.)

KEY VERSES AND QUOTES

No man can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other.
Matthew 6:24 NIV

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. Matthew 6:34 NIV

Now as they went on their way, Jesus entered a village. And a woman named Martha welcomed him into her house. And she had a sister called Mary, who sat at the Lord’s feet and listened to his teaching. But Martha was distracted with much serving. And she went up to him and said, “Lord, do you not care that my sister has left me to serve alone? Tell her then to help me.” But the Lord answered her, “Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her.”
Luke 10:38-42 ESV

“The opposite of anxious is not calm, but curious.” – Dr. Curt Thompson

“Martha was trying to impress Jesus; Mary was impressed with Jesus.”
– Mark Moore

“Our worry reveals our worship.” – Dave VanDonge

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How would you finish this sentence? “The opposite of calm is _____.” Explain. How does “curiosity” work as an answer? Jesus simply says, “Do not worry,” and then reminds us how ineffective our worry is. How has worry affected you recently? Worry is practical atheism. How does worry invalidate faith? Explain. One source of worry is a divided mind. How do you recognize a divided mind? How does it spawn worry? Resources, relationships, and reputations are undoubtedly three premiere sources of worry. Which is most common for you? How have you found your sources of worry to vary in different seasons of life? Discuss. How do you most effectively deal with worry? How do you control worry by “planning for tomorrow but living with curiosity today”? How is worship an antidote to worry? How would you help a habitual worrier to work with God to overcome it? What or whom would an outside observer to your daily life say you worship? Explain.

ACTION STEP

I want to be curious about my life with God and allow it to inspire a full life, not worry. I will implement this change in my life to make that more likely: _____