



TALK IT OVER

Jesus' Most Ignored Command

BOTTOM LINE

Worry doesn't change your circumstances, but trusting God changes you.

CONVERSATION STARTER

If you could talk to your 16-year-old self about anything you worried about then, what would you say?

THINGS TO CONSIDER

What did you hear?

What do you think?

What will you do?

RESOURCES

- The Daily: newpointe.org/thedaily
- [Wrestling with Worry](#) by Craig Groeschel and Louie Giglio (41 min.)

VERSES AND QUOTES

No one 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. You cannot serve both God and money. Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life? And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? So do not worry, saying, "What shall we eat?" or "What shall we drink?" or "What shall we wear?" For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Matthew 6:24-33 NIV

"Worry is what happens when we assume responsibility for things we don't have power to change." – Dwight Mason

"Trust is choosing to place God at the center of our concerns instead of our concerns at the center of our thoughts." – Dwight Mason

TALK IT OVER

We worry about the things we care about. What are the typical targets of your worry? How does your worry feel like responsibility? Responsibility without control creates anxiety. How are you currently finding that to be true? Jesus says that worry is about misplaced trust. Discuss what an outsider might think you trust in the areas where you struggle with anxiety. What does Jesus mean when He compares our lack of trust with pagans? Is He chastising? Explain. Worry distorts our view of tomorrow. Specifically, how does it damage and distort? Can you share a major worry that never happened in your life? How do you personally sense changes in you when you worry? How does it impact your relationships? How about with God? We are to not stop CARING about things but stop CARRYING what God has promised to handle. How do you identify and sort that out? What does true surrender of our worry look like? What is something that might change if I trusted God with what worries me most?

ACTION STEP

I will intentionally choose trust over worry, surrender over control, and confidence over anxiety in this situation, revisiting in a month to see what God has done: _____

