

# NO FEAR

## 1. Mighty Worrier

Start off with feedback from Sunday's message. What did those that were there - or those that have caught up online - take away from it? What encouraged them, what informed them and what challenged them?

Read Matthew 6.25-34

<sup>34</sup> *Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.*

- All of us worry some of the time, but some of us worry all of the time. What's your experience of worry? How has it affected you and those around you?
- 'Do not worry'. How is it possible for Jesus to **command** us not to worry? Does this mean we have a choice as to whether we worry or not? And does this mean that when we worry we're being disobedient?
- Consider Bev's strategies for combating worry – distract yourself (break the pattern in your mind), call on your friends, know your God, know your Scripture, prayer and worship. Which of these resonate most with you? Where do you need to improve?
- Do you think this generation has a bigger issue with anxiety and worry than those before it? Why do you think this is?
- How can we hold out hope and model a radical alternative to a worrying generation? What would that look like?
- What one thing do you need to start doing – or stop doing – in response to this message?

Big Idea: 'Worry doesn't rob tomorrow of its troubles. It robs today of its strength. Worry withers us but truth nourishes us.'

Break down into 2s and 3s. Read the words of Matthew 6.25-34 together once more. Confess your areas of greatest worry and pray for God's truth to dictate your emotional responses. Pray for a revelation of your preciousness to Father God.

Pray for the friends that you have that struggle with worry, fear and anxiety. Pray that God would use you to share good news of freedom from fear and worry. Pray that we as a group and a church would model a radical alternative to those around us. Pray for the rest of the series, for people to be set free from chains of fear.