

discussion guide for July 8th

“Win Over Worry!”

Mt. 6:25-34 (p. 1256-DSB*)

GRIND IT
BREW IT
DRINK IT
SAVOR IT



"Yes, I try to find **common ground** with everyone." 1 Corinthians 9:22b NLT

➤ **GRIND IT** (11:00 am)

Aren't some things worth worrying about? Make a group list of issues/circumstances/situations you would feel justified to worry about:

Now looking at your list, react to Jesus' statement:
“Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.” Mt. 6:34

*“DSB”=Discovery Study Bibles on common ground tables.

➤ **BREW IT** (11:10 am)

Is, “Don’t Worry, Be Happy” a sound way to live? Jesus didn’t promote an “air-headed” philosophy of denial, but an action based strategy to “win over worry.”

1. Don’t Worry – Be Logical
 - Read Mt. 6:25-26; 28-30, (p. 1256-DSB*). What does God do for birds and flowers?
 - What basic needs are addressed here?
 - What can you know God will do for you? Are there any assumed responsibilities on your part? Explain.
2. Don’t Worry – Be Practical
 - Read Mt. 6:27, (p. 1256 – DSB*) What can be added with worry? What can be subtracted?
 - Lunacy can be defined as repeated behavior with proven negative results. Would worry qualify? Why?
3. Don’t Worry – Be Realistic
 - Read Mt. 6:34, (p. 1256 – DSB*) How can dealing with each day’s reality decrease time for worry?
 - Is “counting blessings” a “realistic” activity? Why?
4. Don’t Worry – Be Trustful
 - Read Mt. 6:30-32, (p. 1256–DSB*) Why did Jesus characterize “worry warts” as people of “little faith”?
 - Is “running after” basic human need items in the same way as non-believers an insult to God? Explain.
5. Don’t Worry – Be Focused
 - Read Mt. 6:33, (p. 1256 – DSB*) Describe a healthy and productive “life focus” for a follower of Christ.
 - Define “the kingdom of God.”
 - Describe the result of living a “kingdom focused” life.

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➤ DRINK IT (11:40 am)

Maybe you have been a habitual worrier. Like any habit, worry is hard to quit “cold turkey!” By using the “be” actions Jesus gave you, you can diminish your addiction. Practice these five “worry-busters” over the next week to win over worry!

Worry!-UGH-What is it good for? Absolutely Nothin’!

I will commit to:

- Be logical: God cares and provides.
- Be practical: Worry doesn’t work.
- Be realistic: One day at a time.
- Be trustful: God is able.
- Be focused: God’s kingdom is priority 1.

Prayer Time: (11:45 am)

- Prayer needs of people outside the group.
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- Prayer needs of members in the group.
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- Pray for absentees by name. Consider giving _____ a call this afternoon.

Go Deeper: Use the “*Savor*” section of this guide in your daily quiet time this week. If you would prefer receiving a daily e-mail, Sign up for “The Daily Cup” e-mail devotions: herb@hbcaustin.org

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➤ SAVOR IT (all week long)**

Last Sunday you learned five actions to win over worry. Each day we will look at one of these actions
Monday, July 9: Read Genesis 1:24-31, (p. 2-3, DSB*).

Don’t worry, be logical. What event caused God’s words to go from “good” (vs. 25), to “very good” (vs. 31)? What does “in our image” indicate about the place of man in God’s creation? Which creature’s needs would God most likely care about? Does nature evidence God’s care for the lowest of creatures? What can you then believe?

Tuesday, July 10: Read Romans 8:5-8, (p. 1496-DSB*)

Don’t worry, be practical. Does worry serve any useful purpose. Is worry indicative of a natural or spiritual mind? What results are indicated for the sinful mind? What results are indicated for the spiritual mind?

Wednesday, July 11: Read Proverbs 3:21-26, (p. 798-DSB*).

Don’t worry, be realistic. Worry is unrealistic thinking. What kind of thinking is advocated in verse 21? At the end of each day, sweet sleep comes from what? Do you fear the worst-case scenario described in verse 25? Is it realistic to live in fear of future disaster?

Thursday, July 12: Read Psalm 91:1-6, (p. 743-DSB*)

Don’t worry, be trustful. Trust reflects faith. Jesus accused worrywarts of “little faith” in Mt. 6:30b. In these verses, how is being at “rest” related to trust? How would you characterize “rest” as presented in verse 1?

Friday, July 13: Read Ecclesiastes 12:13-14, (p. 850-DSB*).

Don’t worry, be focused. Focus reflects priority. According to Solomon, what is the priority? How would this priority affect your decisions/choices? What one question could you ask yourself about every situation?

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