

## Small Group Questions: Jesus On \_\_\_\_ Worry

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### Read

Matthew 6:25–34; Jeremiah 2:13 and 17: 7–8; Proverbs 11:28; Isaiah 26:3; and Philippians 2:3–8

### Reflect

In the Sermon on the Mount, Jesus tells us to seek first his kingdom and not to worry about our lives. Yet we tend to focus on ourselves, until that's all we can see.

Pastor Adam Martin asks us three questions about worry and shows us how it impacts our lives.

#### 1. What is worry?

- a. What is your definition of worry?
- b. What is the difference between worry and anxiety?
- c. Where is your focus when you worry?
  - i. How does worry impact how you see yourself, and others?
  - ii. How have you experienced or witnessed worry spreading to the body?

#### 2. Why do we worry?

- a. Complete this sentence. My greatest worries right now are \_\_\_\_\_. (Identify 2)
  - i. Think back a few years. What were your greatest worries at the time?
  - ii. How are these worries the same? How have they changed?
  - iii. What repeating patterns do you see? What is the root of your worry?
  - iv. What cultural values are impacting where you put your trust?
    1. How much is enough? Are you always looking for the next thing?
    2. What seems to make you feel comfortable and secure?

#### 3. How do we stop worrying?

- a. What does the Bible repeatedly say about fear? What does God state as the antidote?
- b. Give an example of how Jesus, in his life and words, countered the culture of his day as to where security and status can be found.
- c. This week, try to pay attention to whether our focus is on ourselves or on others.
- d. How does our worrying about things, reflect our trust in God?
- e. What next step can you take to reorient your focus and become more generous with your time, finances, and talents?

**Respond:** Where is God leading you? How can your small group support you?