

GO DEEPER

use these questions for further study

Use the following questions below for individual or group study. Begin in prayer, inviting the Spirit to speak during this time.

Share with the group: From our backpack illustration, what are three concerns or worries in your pack? They do not need to be huge. What is the biggest?

Think back over the message: what stood out to you? What challenged you? What encouraged you?

We are formed from our backgrounds. How did your family deal with worries or concerns? Which were shared with God? How was that expressed or done? If not, why do you think it was not?

Read Psalm 139:23-24

Is inviting God to examine you a peaceful or stressful thought?
What do you see God being like or saying to you when you are worried?

Read Matthew 6:25-34

Consider the parallels of Jesus' teaching and the examples from creation. What does this tell us about God's relationship & care with His creation?

Jesus's teaching touches many areas of our lives. Which one do you currently connect? with for a concern or worry?

Finances Food Fitness (body/health) Fashion Future
Take a moment of silence to bring a specific concern to God. Listen for how the Holy Spirit works. Share your experience. (And "nothing" or confused is okay!)

Which of the 3 P's happens for you? (Pervasive, Personal, Permanent)

Living into the Kingdom Reality in Worry Which one do you wish to try in worry?

- Practice setting your mind "on the things above" (Colossians 3:1-10)
- Live in today; don't worry about tomorrow. (Matt. 6:34)
- What are you clinging or "attached" that causes worry? (Psalm 46:10)
- Go and love someone else! (You will abide in God!) (1 John 4:11-12)

Live It! If you are experiencing any mental health concerns please reach out for help. Your family doctor is a great starting point, and our pastors are also happy to come alongside you with prayer and spiritual guidance.

Close by praying Psalm 70.

*** *Pierce/St Croix Suicide Hotline (888)-552-6642 | National hotline 988* ***

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