



ChaseOaksChurch

GROUP GUIDE

FIGHT WORRY WITH TRUST

DISCUSSION QUESTIONS

- Take a moment to process together all that has changed in the last few weeks. What are some of the questions, worries, and unknowns you are thinking about? Get specific.
- When bad news is circulating in our culture or the news, people tend to lean one of two ways: over-reaction or under-reaction. Which camp do you think you tend to fall in? Which camp would others in your life say you tend to fall into?
- Read **Matthew 6:25-34**, where Jesus talks about dealing with worry.
 - What stands out to you? Do any of words, phrases, or thoughts particularly resonate with you right now?
 - How would you define “worry”?
 - Why, according to Jesus, is worry irrational and unproductive?
- Corrie ten Boom once wrote, “Worry does not empty tomorrow of its sorrow, it empties today of its strength.” In what ways does worry and anxiety lie to us?
- What strategies have you tried to fight your worries and anxieties? What have you learned that works well?
- While there are new challenges to think about in this situation, there are also unique opportunities to serve others and display the love of Jesus. Brainstorm some ways together your family, group, or you as an individual can bring hope and help to others in the middle of this situation.

NEXT STEPS

In the middle of all the uncertainty with the coronavirus, the economy, cancelled classes, and travel advisories, we have the opportunity to go to God with our concerns and display His peace to a watching world. Take an extended amount of time to pray together, asking for His peace, His presence, and His empowerment this week.