

# no. worries

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## INTRODUCTION

## No Worries—Part 1

Worry is an unwelcome guest that resides in our hearts. In a world dealing with a pandemic, protests, rioting, financial woes, and uncertainty about the future, many are experiencing the uneasiness and anxiety that accompany these troubles. How can we combat the struggle of stress, worry, and fear at a time like this?

Join us for the brand new series, No Worries, as we journey through the stories of Bible characters who faced their fears with the tools God provided—and overcame all odds.

## DISCUSSION QUESTIONS

1. Have you ever been kept awake at night because of fears or worries that you had? What kinds of issues kept you up?
2. Is there any things you do when you wake up in the middle of the night that help you deal with your fears or worries?
3. God told Jacob to return home after he had been away for 20 years. He was very afraid his brother would take revenge on him for an incident that had happened 20 years earlier. Read Genesis 32:7-13. What can we learn from Jacob's prayer and his actions that might help us face our fears?
4. Read Matthew 6:25-33. Are there any special Bible verses you claim when you are anxious and afraid?
5. Read Matthew 7:7-11. Although God already knows what we need before we ask him, we are still told to persevere in prayer. Why do you think God wants us to do this? Why doesn't God just give us what we need before we ask?
6. How might you apply this lesson to your life?

## APPLICATION

Worry, anxiety, and fear are something we all struggle with, especially today. We focus our concerns on health, finances, family matters, work, and personal issues. These are amplified right now because we are dealing with something we've never dealt with before—a worldwide pandemic.

Fear isn't always a bad thing, because God created us to have the ability to be afraid of certain things. Fear can serve to keep us safe from harm and can keep us from doing foolish things. However, fear can also get in the way. It can cause us to make wrong decisions that can become mistakes and diminish the quality of our lives, relationships, health, and more.

In today's message, we see that we don't have to be afraid, because we can stand firmly on God's promises. We would all do much better with faith if we can take God at His word. If we can do that, we won't need to worry—we know God's got this. We know He will never leave us or abandon us.

## KEY VERSES (HCSB)

Philippians 4:6	John 3:16
Genesis 27:28-29	Proverbs 3:5-6
Genesis 27:39-40	Isaiah 26:3
Genesis 31:3	Joshua 1:9
Genesis 32:9-12	Matthew 6:30-33
Genesis 32:24-32	Philippians 4:6-7
Genesis 33:4	Hebrews 13:5-6