

no. worries

INTRODUCTION

No Worries—Part 2

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. Why do you think we tend to worry and be afraid even though we are beloved children of our Heavenly Father? (See Matthew 6:26-33)
2. Read 1 Kings 17:1-16. Though God's provision for us may not be as dramatic as what Elijah experienced, can you think of examples where God has provided for your physical needs in amazing ways?
3. Read James 5:17-18. Why do we tend to think that biblical characters are super-human? Why is it important that we understand that they are just like we are?
4. Pastor Tim's takeaway this week is "We don't have to worry about the future if we remember how God has taken care of us in the past." How might reflecting on God's past provision help us trust him for the future?
5. Read 1 Kings 19:1-6. Why do you think Elijah was afraid even though he had seen God do miraculous things in his life? What can we learn from his example?
6. How might you apply this lesson to your life?

APPLICATION

Everyone has worries, concerns, and fears. We overthink about things we need to do, things we forget, family, work, personal matters, and many other various thoughts. Sometimes these thoughts can be destructive, causing depression and discouragement. It can be a vicious cycle that happens over and over again, robbing us of peace and comfort in our own lives.

When we find ourselves consumed by worry, stress, and anxiety, remember that God has always been faithful to us. If He did that for us in the past, we can rely on God being faithful in the future. Many times in the Bible, God told His people to remember. Remember how He has answered prayers, provided for needs, and protected from harm. If we can reflect on the ways in which He has been faithful in our lives, we'll be reminded that He is there for us through anything—even when it makes us worry or causes fear.

KEY VERSES (HCSB)

- 1 Kings 19:1-6
- 1 Kings 17:1-23
- Matthew 6:26-33
- 1 Kings 18:1-39