

no. worries

INTRODUCTION

No Worries—Part 3

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. What are some things you tend to worry about? Do you think you worry more than the average person? Explain your answer.
2. Read Mark 4:35-41. Have you ever faced a difficult situation that caused you to conclude that God didn't care for you or that he wasn't there for you? Why do you think the disciples questioned Jesus's love for them?
3. How do you think Jesus was able to sleep in the midst of such a powerful storm?
4. Read Isaiah 41:10; Psalm 118:6-8; and Hebrews 13:5-6. Can you think of a difficult situation where you felt the presence of God? Describe what happened.
5. Read Romans 8:31-35. Even though God is always with us and for us, why do we still struggle with fear? What practically can we do to help us rely on Christ when we are in a worrisome situation?
6. How might you apply this lesson to your life?

APPLICATION

One problem with worrying is that it adds to suffering, but it doesn't add to a solution. Even when we think worry is justified, in most cases the worry never materializes, which means we worry for nothing. When we worry, it's an issue of faith. If we actually give our worries over to God, His peace will guard our hearts and minds. So, how can we practically get to a place where we will stop worrying and have assurance that Christ is with us? By praying and studying the Gospel.

The Bible tells us that Jesus saves and delivers us from sin when we put our trust in Him, and He is the same one who can save us from our worries. No one cares more for us than Jesus. Because we face difficult times, it doesn't mean Jesus doesn't care—He's always right there with us. He will bring us through it. He loves saving people and He has promised to never leave us. He can strengthen, encourage, and help us. If we can remember that we never have to face anything alone, our worries can cease and we can place our faith in Him.

KEY VERSES (HCSB)

Matthew 6:27
Hebrews 13:5-6
Deuteronomy 31:6
Mark 4:35-41
Psalm 89:9
Romans 8:31-39
Isaiah 41:10
Psalm 118:6-8