

# God Is \_\_\_\_\_ Living Without Worry

## TALK IT OVER

### Key Scriptures

*"Therefore I tell you, do not worry about your life ... Can any one of you by worrying add a single hour to your life?"*

Matthew 6:25, 27 NIV

*My salvation and my honor depend on God; he is my mighty rock, my refuge. Trust in him at all times, you people; pour out your hearts to him, for God is our refuge.* Psalm 62:7-8 NIV

*And Moses said to the people, "Remember this day in which you departed from Egypt, from the house of slavery; for by a powerful hand the LORD brought you out from this place. ..." Exodus 13:3 NASB*

*"Only do not rebel against the LORD. And do not be afraid of the people of the land, because we will devour them. Their protection is gone, but the LORD is with us. Do not be afraid of them."*

Numbers 14:9 NIV

*The LORD said to Moses, "Send some men to explore the land of Canaan, which I am giving to the Israelites. From each ancestral tribe send one of its leaders."*

Numbers 13:1-2 NIV

*And I heard a loud voice from the throne saying, "Look! God's dwelling place is now among the people, and he will dwell with them. They will be his people, and God himself will be with them and be their God. 'He will wipe every tear from their eyes. There will be no more death' or mourning or crying or pain, for the old order of things has passed away." He who was seated on the throne said, "I am making everything new!" Then he said, "Write this down, for these words are trustworthy and true."*

Revelation 21:3-5 NIV

*"... I am he, I am he who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you."*

Isaiah 46:4 NIV

*"Don't let your hearts be troubled. Trust in God, and trust also in me." John 14:1 NLT*

Start talking. Find a conversation starter for your group.

- What were some of the fears you had as a kid?

Start thinking. Ask a question to get your group thinking.

- Which part of this message was most impactful for you and why?
- What are the things you worry about the most? Are these worries typically about current situations or things in the future?
- If someone asked you why God is trustworthy, what would you say?

Start sharing. Choose a question to create openness.

- Read **Exodus 13:3**. Share a time when you experienced God's faithfulness in the past.
- What we worry about the most often reveals where we trust God the least. Is this true of the things you worry about? Talk about why it might be difficult for you to trust God with these things. Then, talk about one way you can trust God with those things this week.

Start praying. Be bold and pray with power.

*Father, You are trustworthy. Sometimes our circumstances make it difficult to remember that You are always working for our good. Thank You for being faithful in all things, at all times, even when we don't feel You. Please help us to completely hand over our worries and fears to You, knowing that You're always with us. In Jesus' name, amen.*

Start doing. Commit to a step and live it out this week.

- Do you need another reminder of God's goodness? Listen to this episode of the *You've Heard It Said* podcast, then talk about it with your small group: [www.go2.lc/godsgoodness](http://www.go2.lc/godsgoodness)
- Start the *God Is \_\_\_\_\_* Bible Plan using Plans With Friends: [www.go2.lc/GodIs](http://www.go2.lc/GodIs)
- Consider how you could love others by serving on the weekend or with a Local Mission Partner.