

# WHY?

**SUNDAY, NOVEMBER 1, 2020**

## **Why Not Worry?**

**Key Scripture:** Matthew 6:25-34

### **DISCUSSION GUIDE**

In this second message of the WHY? series, we asked the question, 'Why not worry?' It seems natural—especially at this time of a worldwide pandemic and a pretty heated presidential election, among other things—that we are full of worries. Worry about finances, health, relationships, the state of our country. But we learned that worry is being distracted or divided in our loyalty. When we worry, we're telling God that we don't trust Him. But we know from Scripture that God is in control and that He has a redemptive plan for us all. He gave us Jesus—who lived and died and rose from the dead! He's a trustworthy and faithful Father. When we're tempted to let worry take over our lives, we need to take a step back and thank God for the past and trust God for the future.

### **DISCUSSION QUESTIONS**

1. Think back to Sunday's message. What do you remember? Review your notes if you have them. If you're with a life group, talk with them about anything you found memorable or confusing.
2. What is one area of life you tend to worry about the most and why?
3. Read the key scripture. Worry reveals something about our hearts: When you worry and grow anxious, where is your ultimate trust? (see verse 21 in the previous passage)
4. If Jesus' question in verse 27 was not rhetorical, how would you answer it?
5. What principle can we learn from verse 34? Should we care about or plan about tomorrow? What is the difference between planning and worrying?
6. Read Philippians 4:6-7. How has prayer given you peace from a past worry?
7. How does worry (distraction/anxiety) among believers in the church affect our witness to the outside world?
8. How can you walk in confidence that God will provide for you? Has he done so in the past? Give some examples.
9. What prevents you from trusting in the sovereignty of God? How does trusting in God's sovereignty affect the way you perceive life's trials?
10. What's one thing you learned from Sunday's message and today's discussion that will help you become a better disciple of Christ, and help others do the same?

### **NOW WHAT?**

Every day this week, 1. Read Matthew 6:25-34. 2. Thank God for what He's done already. 3. Declare your trust in God for what's ahead.

