

1. Share a highlight from your Thanksgiving (or something you love about Thanksgiving in general).
2. What do you worry about most these days? These things that you are worrying about . . . are they a good reflection on what you value most in life?
3. Read Matthew 6:25-34. Looking back at your notes from this week's teaching, was there anything that caught your attention, challenged or confused you? Anything you hoped we could talk about?
4. Have you ever tried to rationalize why you worry? What are some of the "legitimate reasons" you have tried to use to justify your worries?
5. What's the difference between "healthy concern" and "unhealthy worry"? What are the signs (physical, emotional, spiritual) that indicate that you are worrying too much?
6. How have you tried to manage your worrying in the past? Are there things that you tell yourself or practices that you exercise to alleviate your anxiety?
7. Have you ever considered this as a "sin" to worry instead of trusting in God's provisions? Why is this true?
8. What does Jesus teach us about the character of God when he points to the birds and the flowers of the field (v. 25-30)? What can you learn from birds and flowers?
9. Jesus says that we are of "little faith" when we worry (v. 30). How does that shed light on the true source of our worries?
10. Read through Psalm 23 and identify the key principles to overcome worry.
11. Is it possible to confuse not working hard with not worrying? How do these two things work together?
12. Discuss the consequences of worry physically, emotionally, spiritually, etc. What is the antidote to worry? See Matthew 6:33-34; Philippians 4:6,7; 1 Peter 5:6,7