



Redefined!

Redefined – Week 7: “Don’t Worry” **Message Discussion Guide May 19, 2024**

Icebreaker: Think back to your high school graduation. What was something you can remember worrying about at that age?

Key Scripture: Matthew 6:24-34; John 16:33; Hebrews 13:5-6

1. Read Matthew 6:24-34. What do we learn about what God is like from this passage?
2. The first audience for these words were not wealthy people by any means and would have been greatly concerned about their basic needs. Do you think Jesus’ words sounded comforting? Unrealistic? Something else?
3. In our time and place, we are probably able to control more about our lives than any people before us. Yet, our worry/fear/anxiety levels are through the roof. Why do you think that is? How can we be intentional about not getting pulled into the constant drumbeats of our culture telling us to be afraid?
4. In the Lord’s Prayer (Matthew 6:11), Jesus models praying for enough bread for today. This is echoed in Matthew 6:34. Discuss this. For your personality type, how much of a struggle is it for you to just focus on today? What does it tell us about humanity in general that Jesus had to keep talking about this 2000 years ago?
5. Read John 16:33. Many of us would like to reach a place in our lives where there’s nothing to worry about—but Jesus says that’s not likely to happen! So we need to reconsider how we approach worry and the things we worry about. What is one small step you can take to interrupt your own cycle of worry to get more into the habit of depending on God’s provision?

Prayer: God whom we trust, free us from our worry as we remember who you are. Help us remember to depend on you and ask for what we need, and call out to you for our protection, deliverance and forgiveness. We trust in your love, abundance, kingdom and power. Amen