

DON'T WORRY...IT'S FOR THE BIRDS

Part 2: Switching Sides

Discussion Guide

INTRODUCTION

What are you worrying about these days? Most likely, your worry reflects your devotion. In other words, if you want to know what you are most devoted to, look at the things you worry about the most. Jesus understood the connection between our worries and our devotion. As a result, his approach to overcoming the paralyzing effects of worry starts with challenging not just *how* we handle our worries, but, more importantly, *where* we place our devotion.

DISCUSSION QUESTIONS

1. What have been the most helpful methods for you in attempting to not worry so much?
2. Does *trusting God* translate to having a care-less attitude toward the things we worry about the most? What does it look like to *do everything you can* and to still trust God?
3. Read Matthew 6:28-30. What is the relationship between your worry and your faith? What would you worry about if you had perfect faith?
4. Read Matthew 6:31. *What shall we eat? What shall we drink? What shall we wear?* What are the biggest areas of worry that you are currently facing?
5. Read Matthew 6:32-34. What is Jesus' solution to worry? What comfort is there in knowing that God completely understands your situation?
6. Jesus knew that our worries are rarely about today, but about the uncertainty of tomorrow. What does it look like to *seek first God's kingdom* today and to trust God for tomorrow?

MOVING FORWARD

Seeking first your own security will fuel worry. Seeking first the agenda of God will free you. Overcoming the paralyzing effects of worry requires more of a mental application—not so much a “do this,” but more of a “think this.” This week, sit down and make a list of the things that attract your devotion. As you look over each item on that list, say this prayer: “*God, here's my life . . . your will be done.*”

CHANGING YOUR MIND

But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. **Matthew 6:33-34**