

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

Part 3: Now and Then

Discussion Guide

INTRODUCTION

We rarely worry about *the present*. What we really worry about is what may or may not happen in *the future*. And we usually forget what has happened in *the past*. We forget about how our worries didn't alleviate our fears. In this session, we'll learn about a person who forgot about God's past faithfulness. His worries drove him to a place emotionally, spiritually, physically, and relationally he should never have gone. And in response, God asked him a very important question that continues to speak to us today.

DISCUSSION QUESTIONS

1. When have you experienced God's faithfulness in helping you through past difficult circumstances?
2. Finish this statement: When I begin to worry, I . . .
(e.g., *am less productive at work; am less sensitive to others; can't concentrate or make wise decisions*)
3. In 1 Kings 17-18, God shows his faithfulness to Elijah on several occasions. Yet, later on in his life, Elijah allowed his worries to crowd out the memories of God's past faithfulness. What can you do to remember God's past faithfulness during your present times of worry?
4. Read 1 Kings 19:1-18. Elijah had allowed his worries to drive him to places he should never have gone. What is the worst place that worrying has taken you?
5. God asks Elijah, "What are you doing here?" Elijah had forgotten to recognize the presence of God in his life. And as a result, Elijah had disengaged from his present life. What can you do to remind yourself that God is present in your life?
6. What would your life look like if you trusted God with your *tomorrow* and did all you could *today*?

MOVING FORWARD

Just like Elijah, when our worries overwhelm us, we retreat to places we should never go. We forget about God's past faithfulness, because we are too concerned with the uncertainty of the future. God's invitation to us every day is to go back—go back and fully engage with the reality of *today*, trusting that God is more concerned for your *tomorrow* than you ever need to be.

CHANGING YOUR MIND

. . . *And the word of the LORD came to him: "What are you doing here, Elijah?"* **1 Kings 19:9**