



Wisdom & Wonder - Do Not Worry

Icebreaker:

1. What is one silly thing you worried about as a child.
2. Would you rather go back in time or be transported to the future?

Summary:

We are commanded to Not Worry. But how do we do that in our current world with so much fear and desire to control the things we can't? Let's dig into what drives our worry and perhaps discover some refreshing new ways to trust and fully surrender through practices revealed in scripture.

Engage the Bible:

Read Matthew 6:25-34. Take a few minutes individually to reflect on this passage. When done, share with the group what your thoughts were.

Small Group Questions:

- On a scale of 1-10 how often do you think you worry? Ask a spouse, child, friend, do they agree?
- If you could name 3 "What If's" what would they be?
- Craig Groeschel says **"What you attempt to control the most reveals where you trust God the least."** What areas of your life do you try to control the most?
- When you find yourself in an irrational state of worry, what is your natural response to those around you?
- What is one step you can take to surrender control and fully trust God?
- I encourage you to pray the prayer from Scott Cormode - **"God, I cannot and do not get to control this, but you do. Because I have no choice but to trust you, I choose to hand over, with fear and trembling...(name the worry, surrender it, give it to God)"**