



Worry and anxiety are two things we are all too familiar with. Yet Jesus tells us not to worry. Does this seem impossible? The roots of worry come from fear and control. We fear missing out or being without, and we want to control outcomes. When we worry it robs us of the joys and peace found in the Good Life. Jesus wants us to trust His plan for the kingdom. We can feel secure in the love and grace He offers.

*Optional reading: chapter 10 of The Good and Beautiful Life.*

### GETTING STARTED

- Have your group participate together: On a scale of 1 (very little) to 5 (a lot), how much do you worry? Using your hand, on the count of three everyone reveal your answer to the group.
- What used to cause you worry but no longer does? Why did you stop worrying about it?

### DISCUSSION

1. Is it possible to not worry? Do you think worry is helpful or changes things?
2. Have you ever missed out on enjoying something because you were worried about something else?
3. What's the difference between worrying and being cautious? Give an example.
4. Read Matthew 6:25–34. Jesus asks, "Are you not of more value than they?" (verse 26). What is he getting at?
5. Give a current example of "running after or striving for" the things mentioned (verses 31 & 32). Does this show up in some way in your life?
6. How does God want us to handle our worries?
7. In *The Good and Beautiful Life*, James Bryan Smith writes, "Worry happens when I am on the throne of my life, when I live in the kingdom of me. But we trust when God is on the throne of our lives and we live in his kingdom. That is why the solution to worrying is to seek first the kingdom" (p. 178). What are some practical ways you could let go of worry and live in His kingdom? How can this group support you?
8. Which topic in the series has been most helpful as you seek to live more fully in the kingdom: anger, lust, judging, greed, pride, or worry? How have you been impacted?

### LIVE IT OUT

Read Philippians 4:6–7. Set aside time for prayer each day this week. Make a written list of your prayer requests. Include your worries, wants and needs, as well as things you are thankful for. Note what you can do about the things on your list, and turn the rest over to God. Record any answers to your prayers.

### MEMORIZATION CHALLENGE

But seek first his kingdom and his righteousness, and all these things will be given to you as well.  
Matthew 6.33

### PRAY

How can this group pray for you in the area of anxiety and worry? Briefly share (1 sentence or idea each), make a list, and pray for the person to your right.