

THE ANSWER

Week Three: Why do you worry?

Main Idea

You can't trust God and worry at the same time.

Starter

What would your friends and family say you tend to worry about?

Discuss

Think of a situation that you spent a lot of time worrying about in the past and later saw resolved. What could that resolution teach you about worrying?

What does the Bible say?

Read Matthew 6:25-34

How does this passage show that worrying and trusting God are opposed to each other? How have you seen that be true in your own life?

Apply the Message

How could you begin to truly take Jesus's commands seriously and attempt to stop worrying altogether?