

## Conversation Starters

- Have you ever worried about something, and realized later that it wasn't that big of a deal?
- How did it affect your day or time?

## Discuss

Many of us worry about something at some point in our day, from the trivial to the life-changing moments in life. And that can be healthy to some extent, however, we can and do often allow it to consume us to becoming almost a state of mind. Jesus had a simple instruction regarding this kind of worrying: stop! When examining worry, Jesus reminded us of some important truths about why it is unnecessary. The first thing we realize is that worry really accomplishes nothing.

*“Can all your worries add a single moment to your life?” (Matthew 6:27 NLT)*

- What are some everyday worries you have?
- Do you worry about these daily?
- Do you recall a time when worrying actually made a situation worse?

Next, he reminds us that we matter to God. Jesus ties this directly back to our faith in God to do all that He has promised in our lives. Worry makes us lose sight of how big He is and all that He is capable of and doing in this world. In some ways, it leads to a functional atheism, where we live and think as if God does not even exist.

*“Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are?... And why worry about your clothing? Look at the lilies of the field and how they grow. They don't work or make their clothing, yet Solomon in all his glory was not dressed as beautifully as they are. And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith?” (Matthew 6:26, 28-30 NLT)*

- Can you describe what God is capable of, based on what we see in the Bible?
- Do you ever function without stopping to bring God into your challenges?
- Do you pray as if God cares about every single thing that is going on in your life?

Jesus wants us to remember that God is trustworthy. We only need to put Him and His agenda first and actively follow His teaching to make it real in our life, and He will give us all that we need. Not necessarily all that we want and what it is we are directly worrying about. And while we may not get something or get it right away, our faith lived out is trusting God when everything is not going well and we don't have what we need.

*“Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.” (Matthew 6:33 NLT)*

- Do you have people in your life who you trust?
- Do you view God as someone who is trustworthy? Why or why not?
- Are you quick to dismiss God if something doesn't turn out exactly as you wanted it to?
- How are you prioritizing a relationship with God?

## Next Steps

What are you worrying about right now? Why? Take a few minutes right now to sit and pray to God. Tell Him you want to give Him that worry, that He is capable of carrying it, and to help you trust Him as you face your challenges.

### Made for More

Date: November 19, 2018

Time: 6:30 – 8:00 PM

Location: North Charlotte Campus, 8335 Browne Road, Charlotte, NC 28269

Register: <https://mecklenburg.org/event/860442-2018-11-19-made-for-more/>

### Learning to Pray

Date: December 3, 2018

Time: 6:30 – 8:00 PM

Location: North Charlotte Campus, 8335 Browne Road, Charlotte, NC 28269

Register: <https://mecklenburg.org/event/804009-2018-12-03-learning-to-pray/>

\*Need to speak with a pastor? Email us at [communitycare@mecklenburg.org](mailto:communitycare@mecklenburg.org)

## Further Reflection

*See Matthew 6:25-34; Psalms 55:22; 1 Peter 5:7*

## Pray

God, we all have some kind of challenges or circumstances of life that can consume us and distract us from actually living. Jesus reminds us of how great and big of a God you are. Thank you for caring for each of us and everything happening in our lives, and that we can bring out worry to you. We bring them now to you and trust you with them. Help us to actively live that faith in you out and see you work in us as we go through each day.