



Why Worry? – Week 1

DISCUSSION GUIDE

Overview

Why do we worry? Is it just human nature or do we, as followers of Jesus, have hope of living a peaceful life? This week we'll examine some practical ways we can find peace during difficult seasons.

Discussion Questions

What is worry? The Greek word for worry is merimnao, meaning to be anxious or divided in one's mind. Worry can feel like being pulled in two directions—wanting to believe everything will be fine, but fearing that it won't be. **James 1:8** tells us that those who worry are “double-minded” and “unstable in all their ways”. Worry is actually a harmful practice that produces results like confusion, anxiety, or sleepless nights. When we worry, our actions tend to be fear-based instead of led by God. The Bible gives us a powerful formula to help us win over worry.

Formula for peace: Praise + Perspective + Prayer = Peace

Praise

Praise is more than just singing a song; Praise is knowing and loving God. This is our primary purpose in life. God created us to be worshipers who will worship Him for all eternity. We are designed to sing songs of praise to God.

“Come, let us sing to the Lord! Let us shout joyfully to the Rock of our salvation. Let us come to him with thanksgiving. Let us sing psalms of praise to him.” (Psalm 95:1-2)

If we don't focus our worship on God, we can begin to worship our worries. Singing or speaking out loud the praises of God drives the worry out of our minds and fills us with God's truth, instead.

- Why is it important to praise God out loud?
- How can we build the habit of praise in our lives?

Perspective

Matthew 6:31-34 tells us that we shouldn't worry about the concerns of life, because God already knows what we need. Instead, we should focus all of our attention and efforts on what God is doing and who He is to us.

“Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.” (Matthew 6:34)

Our perspective shifts when we focus on the promises of God and the nature of His character. Worry is pushed out when we realize who God is for us in the middle of difficult situations. We receive His strength and are able to resist worries in ways we could not do on our own.

- Give examples of promises in God’s Word that can speak to our hearts in difficult moments.
- How does knowing that God will provide everything we need give us peace throughout our everyday challenges?

Prayer

Prayer is a two-way conversation we get to have with God as believers. The Bible gives us many instructions for releasing our worries in God’s presence, like this verse in Phillipians.

“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.” (Philippians 4:6-7)

God does not want us to carry our burdens, but instead desires for us to come to Him with our worry. We exchange our anxiety for His peace in His presence. God also speaks to us through prayer. Reminding us of His Word or giving us directions as we need them.

- Share a time you’ve experienced God’s peace through prayer.
- How does seeking God change our thoughts and emotions in the middle of a trial?

Life Challenge

Think about the formula for peace in this week’s message (Praise + Perspective + Prayer = Peace). What area of the formula is already a habit or discipline in your life? Is there a certain area of the formula you can grow in? This week, apply this formula for peace as trials arise and worry attempts to interrupt your life.

Prayer

God, we thank You for knowing exactly what we need in each season we are in. Help us cultivate an attitude of praise during difficult times. Give us Your perspective as we focus on Your Word. Help us to still ourselves as we pray, so that we can hear from You. Amen. Pray for the specific needs of the group.