



## **No Worries (1): A Shift in Perspective**

**Matthew 6:25-34; Romans 12:1-2; Philippians 4:4-9**

### **OPEN**

On a scale of 1 (low) to 10 (extreme), how much do you worry?

How much do you think our culture conforms us to be worriers? Any examples?

### **DISCUSS**

Read Romans 12:1-2. What does it tell us to do (and not to do)?

This passage starts with *therefore* which connect us to the passage before. Read Romans 11:33-36. What do you learn about God in this doxology?

Fear and anxiety are responses to immediate threats (whether known or unknown) and God designed our bodies to respond to these threats. Worry on the other hand adds imagination, emotions, memories, and anticipation to fear and anxiety which makes worry a daily experience of life—not God’s intention.

Do you think worry is a camouflaged sin in our lives today? Why or why not?

Do you believe worry is a choice? Why or why not?

Read Matthew 6:25-34.

What are we not to do? Why?

What are we to do according to Jesus? Why?



Jesus begins this passage with *therefore*. How does this passage connect with the one before it—Mat 6:19-24? What are the commands in this passage?

Do you believe worry can keep you stuck from moving forward in life? Do you have any experiences (personally or with others) that support this?

How were you challenged from this week's sermon?

What is the *shift of perspective* that must happen if we are to move from worry to faith and trust in God?

## YOUR NEXT STEP...

1. **Make a worry list.** It will help you recognize and name the places of worry in your life that have substituted trust in God.
2. **Read the Scripture passages for today's study...especially Philippians 4:4-9.**
3. Repent—Follow the words of these passages. **Pray to God and lay all your worry, fear and anxiety before Him.** He is ready to receive them.
4. Seek First the Kingdom. **Fill you mind with the goodness of God and his activity in and around your life.** Dwell on the Kingdom of God and the things that are true, right, noble, praiseworthy, pure, lovely...all that Philippians lays before you.
5. **Pay attention to how peace replaces worry. Share this shift with others around you.** It will name the good things God is doing in you and perhaps help someone else begin to make the shift.