



No Worries (4): Final Thought

Mark 4:1-9, 18-19

OPEN

What have you taken away from the *No Worries* series? How have you been challenged?

DISCUSS

Read Mark 4:1-9, 18-19

- How does Jesus describe the seed that fell among the thorns? What was the consequence?
- What have you learned about worry these past sermon series? Can you relate to Mark 4:18-19? How?

For this series, we have examined how worry has made its way into our lives and the many ways it impacts our relationships with God, others, and ourselves. Look at the list below. Circle the worries that still live in you? Are there specific worries within each kind of worry you circled? Is there something else you worry about not listed below?

Not Good Enough

Don't Know My Purpose

My Past

My Future

Protecting Comfort

Precious Things in My Life

Forgiveness

Addictions

Skeletons in My Closet

Spend a minute in silence, looking at what you circled.

- What do you hear God saying to you as you look at what you circled?
- What do you feel yourself resisting in this moment?
- Do you feel any courage?



For each kind of worry, there is a counter verse. For each worry you circled, read out loud the corresponding verse in the group.

Worry	Counter Verse
Not Good Enough	Psalm 139:19
Don't Know My Purpose	Proverbs 16:9
My Past	Ephesians 4:22-24
My Future	Matthew 6:31-34
Protecting Comfort	2 Timothy 1:7
Precious Things in My Life	Matthew 6:25-27
Forgiveness	1 John 1:9
Addictions	Psalm 50:15
Skeletons in My Closet	Matthew 10:10

Spend another moment of silence after the verses have been read. What do you hear God saying to you now?

Do you sense God leading you to a next step in one or more of your worries? Share (if comfortable) with the group.

YOUR NEXT STEP...

- No doubt, some of you in the group have common worries. Commit now to pray for one another with the same worries as you. Ask them how you can pray specifically for them. Check in with one another these next weeks or months as you grow to trust in God so you may live a life of *no worries*.
- Continue to apply what you learned in this study from the words of Scripture in this series: Matthew 6:19-34; Mark 4:1-9, 18-19; Romans 12:1-2; Philippians 4:4-9.
- How can you be an encourager to other *worriers* in your life?