

Worry

#20

- **What 3 things cause you the most anxiety?**

- **On a scale of 1-10, how much anxiety, or worry, do you experience?** _____

- **What do you currently do to handle your anxiety?** _____

Read Luke 12:22-30

- **What point is Jesus making about worry?** _____

Jesus' analogy about how birds function is quite powerful, if you think about it. Animals function by dealing with each day as it comes; they don't tend to plan. (Well, I guess squirrels do, but I hear they forget where they bury 90% of their acorns, so they get an F in planning, Nice effort though). There are four gazillion living organisms that simply wake up with no food in the cupboard. Operating on such principle, you'd think that the forest would be a foot deep in carcasses, but it's not. No rabbits or mosquitoes languishing on the ground in hunger; no famine in the beetle community. How can this be? Yet it is. God has planned the ecosystem in such a way that life is sustained – without saving, planning, and without worry.

- **We tend to forget so quickly how God has provided for us. Recount some specific ways God has met your physical needs.** _____

If I were to tell you to stop worrying right now, could you do it? Perhaps stopping cold turkey is difficult. Worry is actually an issue of the heart, and it is not solved on the thinking level, but on the heart level.

Read Luke 12:28-31

- **How does Jesus address that heart?** _____

- **In what ways does your heart drift toward losing focus?** _____

- **What is involved in seeking God’s Kingdom and what are you currently doing to pursue it? (Some questions to help you think through your response could be: What do you spend your time thinking about? What do you talk about? How do you spend your money? What do you do with your free time?)** _____
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According to Jesus, “Seeking first his Kingdom” is the key that unlocks God’s provision.

Read Luke 12:32-34

What’s the problem with New Year’s resolutions? They are an expression of a desire to change our hearts and habits, which is a great intention. But without practical action, our hearts don’t change. The antidote for fear is faith. Jesus is saying that in order to overcome worry and fear, we need to step out in faith and take deliberate action in the direction of kingdom involvement. How do you help your heart change directions? You put your treasure where you want your heart to go, and it will follow.

Logically, one cannot change their thinking without changing their heart. Likewise, one cannot change their heart without taking action. Finally, we take action by actually shifting our treasure (time & money) toward the kingdom.

- **What deliberate steps could you take to realign your heart to the kingdom, and what investment can you make to ensure it happens?** _____
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Read Luke 11:11-12

Jesus said that a good Father provides good. Would a good father give his child a snake when he asked for a fish? Or a scorpion instead of bread? No.

- **Why do you think he made such a dramatic statement?** _____

- **Worry in the end is a lack of trust. If we have prayed to God our Father and believe Him to be a good Father, then why would we believe He would provide ill for our needs?** _____

Memorize: Luke 12:31