



Sermon Discussion Guide
Overcoming Worry: Look for the Good
Sunday, October 4, 2020
Based on Pastor Jason's Sermon

Introduction

We're concluding a four week series where we're seeing what Jesus said about worry, anxiety, and fear. Through this series, we're learning some practical spiritual lessons to help us when we're battling these kinds of emotions. In this fourth and last lesson, we learn that we can develop a lifestyle of overcoming worry.

To watch this week's sermon before your group discussion, go to www.journeyoffaith.com/messages

Share Your Story

1. What's one thing you used to be scared of but aren't anymore? And, what changed?
2. How have you been finding hope this past week?

Hear God's Story

1. Read Philippians 4:4-7. One thing Paul is stressing here is that focusing on Jesus enables us to nurture a spirit of gratitude in our daily life. Why is this true, and what does this realistically look like?
2. Review Philippians 4:6-7. A theme throughout these verses is a spirit of intentionality. Focusing on either the bad or the good is a matter of choice that God has enabled us to make in this life. What does Paul here say is the benefit of focusing on the "good" of Jesus daily? And, how does this impact our daily lives?
3. Now, read Jesus' words recorded in Matthew 11:28. What's God saying to you about these words by Jesus in relation to all we've talked about so far?

Create a New Story

1. Think of one thing you are grateful for each day this next week and stay focused on it. What's that one thing for you today?
2. The next time you feel worried this week, acknowledge the bad and then redirect yourself to the good. What can this look like when worry hits?

Further Studies: The God Who's With Us

"The Lord is near." -Paul, Philippians 4:5b

We live in a time in American history where worry and fear are heightened for most of us. It's normal to have these feelings; we're flawed humans, after all. In times like this it's so easy to get distracted by the turmoil portrayed in the media (TV and social), the panic-laden words from those closest to us, or our own thoughts as we find our worry and fear nurtured by various negative-thinking influences. Through it all, however, God reminds us that He's still in control, and that He's still near to each one of us. Paul promises that there's a "peace that surpasses all understanding" for those who acknowledge this reality (Phil. 4:7).

Let's pause a moment to truly internalize the reality that "the Lord is near" to all of us, and that He's literally with us. Too often we can intellectualize biblical teachings to the point they don't have a chance to sink into our heart and effect God-honoring change.

Take a moment in silence to contemplate a God with us, then move on to the discussion questions below.

DISCUSS

1. What's most astounding to you when you think on how the God of everything is with you today, desiring to do life alongside you?
2. What does this reality tell us about the heart of God?
3. How does this help to recalibrate your sense of your personal identity?
4. How can meditating on all of this regularly help reframe our feelings of worry and fear?

For Parents: Repackaging for Youth

1. For those who have young children in the home, what are some ways you could teach this lesson to them that takes into account their age and learning level?

For questions about this curriculum, contact Pastor Matthew Jensen at matthew.jensen@journeyoffaith.com