



Week One – The Domino Effect: Chain Reaction

CONNECT

- What worries you the most in life? Why?
- Can you remember a time when you didn't worry about something you should have? What happened?

WORD

Matthew 6:25 – 33

²⁵ “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? ²⁶ Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? ²⁷ Can any one of you by worrying add a single hour to your life?²⁸ “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. ²⁹ Yet I tell you that not even Solomon in all his splendor was dressed like one of these. ³⁰ If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? ³¹ So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³² For the pagans run after all these things, and your heavenly Father knows that you need them. ³³ But seek first his kingdom and his righteousness, and all these things will be given to you as well. ³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

THOUGHT

After the fall of man, we were given two warning signals in our system. The Bible tells us in Genesis 3 that after sin entered the world, God instituted pain. Pain is a warning signal for us to know that we are off-track. In the same way, when we are faced by troubles, our initial reaction is worry. But the challenge comes after that reaction—how do we respond after the initial feeling of anxiety hits us? Our response can trigger the wrong things. When we start to worry, we go on to operate in worry in different areas of our lives. This reduces our faith and our ability to trust God.

DISCUSSION

1. Why do we worry?

- Uncertain about our future
 - Fear
 - Doubts
 - Past failures
 - Not in control
 - All of the above
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2. Why do we worry? Is worrying a lack of faith and trust in God?

3. Is anxiety caused only by "wrong" thoughts and actions, or are there other sources?

4. Jesus tells us in verse 33 "to seek first His kingdom and his righteousness, and all these things will be given to you as well."

5. Jesus faced many situations during his time on earth that could have result in worry. What did He do when faced with difficult situations? (Hint Matthew 26:37-39) How can we follow in His example?

6. Philippians 4:6-7 encourages us to not worry but in everything by prayer and supplication with thanksgiving to present our request to God. The verse continues in saying the peace of God will transcend your hearts and minds in Christ Jesus. What freedom do we receive in sharing our worries with God?

PERSONAL APPLICATION

- Find ways in which you can deepen your trust and faith in God without worrying.
- Find someone you can talk to about the things that worry you and commit to letting them go.

PRAYER

- Pray to God asking Him to give you the ability to seek Him first
- Pray asking God for was that you can stop worrying and build your faith