



Chill

Part 2 – Why Worry

Discussion Guide

Last week, we learned that God wants us to rest—to chill— every week, one day out of seven. This week, we learn He wants us to live a life free from worry and anxiety. Though some of us may struggle with severe anxieties, most of us can take control of our very typical habit of worrying. God’s plan is a 24/7 attitude of “chill” – because He’s got this!

Jump Start

Leader: This section is designed to get discussions started, examine God’s truth, and apply it to our week.

1. If you could remove one stressor from your life, what would you remove?
2. **Read [Matthew 6:24-25](#)** to see the main Scripture from this week in context. Why does this famous passage on not being anxious come right after an admonition about money? What is worry? Is there a difference between worrying about something, and doing some research and planning? What things cause you to worry the most? What do these things have in common?
3. **Read [Matthew 6:26-29](#)**. If Jesus commands us “not to worry,” does this mean we can control whether we worry or not? Why does Jesus give us examples from the natural world for us to focus on when discussing anxiety? Does nature ever speak to you or teach you lessons? How can “considering” God’s creation help stop your worry habit?
4. **Read [Matthew 6:30-32](#), [Psalm 56:8](#), and [Psalm 139:1-3](#)**. What do the verses in the Psalms tell us about God’s character? His concern for us? His ability? Why does God want us to understand both His power and our importance to Him? In what areas of your life do you show this kind of passion and commitment? (Think about your kids, spouse, or closest friends.) What things do you do to show people they are important to you? How does this idea help us deal with worry? How does it help you learn to trust God to provide?
5. **Read [Matthew 6:33](#)**. What things take up most of your time in a given week? What things take up most of your mental focus in a given week? What would you say you seek first in your life? What is the promise found in Matthew 6:33? Have you put that promise to the test?

6. Final Thought: What future troubles do you find yourself worrying about? **Read [Matthew 6:34](#) and [1 Peter 5:7](#)**. Does worry today help with your problems tomorrow? What can you do about them? Commit to plan, take action on any next steps God gives you, then lay it down. Take life one day at a time, allowing Him to guide you through it.

Deeper

*Leader: This section is designed for further use in your Life Group or for personal study.
These can also be used as discussion points and ways to stay connected with
your group throughout the week.*

7. **Read [Luke 10:38-42](#)**. What focus is causing Martha to be upset and frustrated? What are the strengths of being like Martha? What are the weaknesses? What are the common results you experience when you worry, rather than focusing on God? With whom do you more closely identify: Martha or Mary? What steps can you take this week to become more like Mary?
8. **Read [Luke 12:22-31](#)**. In these verses, Luke's account of the "Sermon on the Mount," Jesus again warns us about setting our hearts on issues/needs that cause us to worry. When we worry, how is this a problem of the heart? What does He teach us is the cure for this? How do you seek His kingdom in a time of worry?
9. Immediately following the Luke account, **read [Luke 12:32-34](#)**. How do the words in verse 32 give you comfort? Are the directions in verse 33 impossible for us today? What incredible promises are found in verses 33 and 34 how you live?
10. Is there a time when Jesus could have worried? Do you think He was tempted in this area? **Read [Matthew 26:36-46](#)**. Instead of worrying, what did Jesus do?