



## Small Group Guide: Overcoming Worry Through God's Love

### Opening Question:

What tends to cause you the most worry or anxiety in your daily life?

### Key Takeaways:

1. Worry is a disease that knows no boundaries and can infiltrate every part of our lives.
2. Jesus prescribes steadfast identity in God's love as a cure for worry.
3. Understanding God's love for us is the ultimate remedy for worry and fear.
4. Our value to God is demonstrated through Christ's sacrifice on the cross.
5. Seeking God's kingdom first helps shift our perspective from temporary concerns to eternal matters.

### Discussion Questions:

1. Jesus asks, "Is life not more than food and the body more than clothing?" How does this question challenge our priorities and what we tend to worry about?
2. The sermon mentions that worry can imply we don't trust God. How have you experienced this in your own life? How can we cultivate trust in God's provision?
3. Discuss the analogy of Addie being shown the full pantry. How has God "shown you His storehouses of blessings" in your life?
4. The pastor states, "Understanding God's love for you is the cure for worry." How does knowing God's love practically help in moments of anxiety?
5. How does focusing on Christ's sacrifice on the cross help put our worries into perspective?
6. What's the difference between legitimate concern and unhealthy worry? How can we discern between the two in our lives?

### Practical Applications:

1. Worry Journal: This week, keep a journal of your worries. Next to each worry, write a truth about God's character or a Bible verse that counters that specific concern.
2. Gratitude Practice: Each day, list 3 ways you've seen God's provision or care in your life. Share these with the group next week.
3. Kingdom Focus: Identify one area of worry in your life. Brainstorm how you could "seek first the kingdom" in that situation instead of fixating on the worry.
4. Prayer Partners: Pair up with someone in the group to pray for each other's specific worries throughout the week.
5. Memory Verse: Memorize 1 Peter 5:7 together: "Cast all your anxiety on him because he cares for you."

**Closing Prayer:**

Lord, thank you for your deep love for us. Help us to truly grasp how valuable we are to you. When worry threatens to overwhelm us, remind us of your faithfulness and care. Give us the courage to open our hands and release our anxieties to you. May we seek your kingdom first and trust in your provision. Amen.