

# SAINTS & STRUGGLES

P E R M I S S I O N   T O   B E   H O N E S T



## WEEK 3 | GROUP DISCUSSION QUESTIONS

### CONNECT

- When was the last time you were trying to do something peaceful (reading a book, napping, or watching your favorite show) and someone disturbed your moment? How did you react to the disruption?

### CONSIDER

- What encouraged or challenged you from the sermon and/or daily devotions this week?

### CHRIST

- Proverbs 22:3 (MSG) says, “A prudent person sees trouble coming and ducks; a simpleton walks in blindly and is clobbered.” Worry is something we all do, and this verse reminds us that it’s not always negative. But, the danger is when worry shifts from a proactive concern to unhealthy anxiety. **Using the list below, what are you prone to worry about?**
  - Family concerns
  - Job situation
  - Financial challenges
  - Health issues
  - Sudden tragedy (violence, accidents, natural disasters, etc.)
  - Spiritual issues (for yourself and others)
  - Relationship problems
  - Self-worth
  - Issues from your past
  - Other:

Read Mathew 6:25-34 as a group.

- Looking back on your answers to the areas you are prone to worry about, what encouragement do you find in Matthew 6:25-34?
- In his book *The Life You’ve Always Wanted*, John Ortberg once asked theologian Dallas Willard, “What do I need to do to be spiritually healthy?” Willard replied, “you must ruthlessly eliminate hurry from your life.” John waited and asked for more guidance. Willard, after a long pause, added, “There is nothing else.” Often at the root of our worry/anxiousness is a hurried mentality: busy schedules, over working, screen addictions, and lack of rest. **So, how does**

living a busy lifestyle impact our ability to deepen our relationship with God and/or be content?

- We are prone to make our lives hyper-focused about ourselves. In v. 30, Jesus uses a challenging phrase, “you of little faith”. Shortly after that, He reminds us that God knows our needs (v. 32). **What resonates within you over the truth that God knows what you need? How does the truth Jesus’s words in Matthew 6:25-34 shift the focus from ourselves to God? At the same time, how does this refocus help with our worry/anxiousness?**

**Read Philippians 4:6-8 as a group.**

- Paul reminds us that prayer is an important factor in the battle against worry/anxiousness. His challenge is simply to pray about everything. **How do Paul’s words challenge the frequency and quality of your prayers?**
- Paul gives us the encouragement to use our minds to focus on what is true and praiseworthy rather than dwelling on what makes us anxious. **Why do you think it is sometimes difficult to take our worry/anxiety to God?**
- Paul tells the Philippian church (and us) that God’s peace transcends our present situations. **When have you experienced God’s peace after praying about something that was causing you worry/anxiety?**
- God promises to guard our hearts and minds in Christ Jesus by giving us His peace. **In what ways can thinking about things that are true, noble, right, pure, lovely, admirable, excellent, or praiseworthy help us maintain a peace of mind? How can these truths speak into the areas you are prone to worry or be anxious about?**
- **This week, what are some steps you can take to turn your worry/anxiousness into an opportunity for prayer? As a group, how can we be praying for you?**

## **CALLING**

- God knows your worries and anxiety, but are you talking to Him about them? This week, live out Philippians 4:6-8. When worry arrives, stop and pray. It doesn’t matter if it’s a long or short prayer, it’s about seeking God’s Kingdom first.
- **Daily Devotions:** Spend 15 minutes each day with Northside devotions. Text DEVO to 81212 or use the Study tab in Northside’s App for Daily Devotions.
- **Memorize:** “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.” - **Philippians 4:6 (NIV)**
- **Further Study:** *The Ruthless Elimination of Hurry* by John Mark Comer