

## Flip Worry Into Worship

**Series Big Idea:** Following Jesus by obeying His teachings makes me better at life.

Teaching Big Idea: Flip your worry into worship. Flip “what if” into “what is”.

**Begin in prayer:** Ask God to teach you how to trust him to win the war against worry.

### **Talk It Over:**

Ice Breaker: Finish the sentence: Life would be so much better if \_\_\_\_\_. How would this change your daily life?

### **Scripture:**

The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full. John 10:10 (NIV)

### **Questions:**

In this passage, ‘the thief’ that Jesus is speaking of is the enemy of our souls.

What are some obvious ways that the thief steals, kills, and destroys life to the full? What are some more subtle ways?

How have you seen Jesus bring ‘life to the full’ even when circumstances didn’t change?

### Scripture:

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)

### Questions:

How can you tell when you are anxious about something? Is prayer your usual first response?

Why does thanking God in prayer matter?

Brainstorm practical ways to flip worry into worship.

Respond to the statement: Fear is faith. Do you agree or disagree? Why?

### **Challenge:**

Commit to memorizing Philippians 4:6

Name a time when you will put it into practice this week.

### **Conclude in Prayer:**

Using single words or short sentences, express to God what you are thankful for. Ask Him to make your faith in Him greater than your fear.