

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:

Commit this time to God inviting Him to help you see His truth about worry and trust.

Talk It Over:

Ice Breaker:

Share a favorite Lifehack; a gadget, an app, an outlook...something that makes life easier.

Scripture:

Don't fret or worry, instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life. Philippians 4:6-7 (MSG)

Questions:

How does what we worry about reveal what we value?

Why voice prayers to God if He already knows everything?

When is it most difficult to put concerns into words of prayer?

Describe a time when you saw worry 'flipped' into prayer.

Scripture:

But seek first his kingdom and his righteousness, and all these things will be given to you as well. Matthew 6:33 (NIV)

Worry: to distract or divide

Questions:

What are some ways that we might get distracted or divided from seeking first God's kingdom and righteousness?

Respond to the statement: What you worry about the most reveals where you trust God the least.

Challenge:

Write “My Worry List” at the top of a blank page. List your concerns one after another.

Replace the word ‘Worry’ with ‘Prayer’. Commit a specific time of day during the month of July when you will talk with God from your list .

Conclude in Prayer:

Thank God for His protection and provisions. Ask Him to help you seek His interests first this week.