



Scared to Death, Pt. 1: Worries About Tomorrow

Fear is an emotion caused by belief of impending potential distress, misfortune, or loss. It's based in the future. The source of our fears is usually something we're going to lose or we're afraid we won't have in the future. Since we can never really know what's the around the corner, is it even possible to live without fear and worry?

Bottom Line: Fear borrows trouble from tomorrow that spoils today.

DISCUSSION QUESTIONS

1. What is your most irrational fear?
2. Talk about a time when fear kept you from doing something. What are some advantages and disadvantages to the way you respond to worry?
3. On a scale of 1 to 10, with 1 being "no influence" and 10 being "the primary influence," to what extent do fear or anxiety influence your decision making and the quality of your daily life?
4. **Read Matthew 6:25-29.** What is the point of the command to look at the birds of the air and the flowers of the field? How might doing these be helpful in alleviating worry and fear?
5. We know intuitively that **Matthew 6:27** is true, so why is worry such a problem for so many of us?
6. **Read Matthew 6:30-34.** What are some obstacles to you believing what Jesus said about trusting God? How would your life be different if you believed him?
7. What is something that worries you right now? What can you do this week to declare your trust in God, relabel your worry as "tomorrow," and participate in what God is doing today? How can this group support you?
8. What has been the most helpful thought/idea from the message this week? How has that thought/idea helped you? How can the group encourage you this week?

For Your Further Consideration:

When you're tempted to borrow from tomorrow, look for a way to participate in what God is doing today. Begin your day declaring your trust in God. This is a way to seek first God's kingdom and his righteousness. Before worry starts whispering in your ear, start trusting your heavenly Father who loves you. It is the greatest habit you can develop. Do not worry. What has worrying ever done for you?

*If time doesn't allow for you to discuss all of these questions, use only the ones you feel would be most helpful for your group.