



Date & Sermon Series:

October 14/15, 2017; Unfolded

Speaker: Heather Zempel

Scripture Focus: Matthew 6:25-34

Note to Leaders:

This weekend we talked about what it means to not worry. These questions provide a framework to prompt or foster discussion. Don't feel you have to use all or any of these questions and you don't have to make it to the end! Use the questions that best fit your group and let discussion flow. You can also use these questions on your own to dive deeper into this week's sermon.

Sermon Series Questions:

1. What did God reveal to you?
2. What are you going to do about it?
3. What is one element of God's character you learned?

Specific Questions:

1. What am I worried about right now?
2. How do you typically distract yourself from worry? What worries need to be transformed into a prayer prompt?
3. What part of God's character do you need to trust more?
4. What prayer do you need to put between your worry and your peace?

5. Do you live your life in such a way that it shows those around you that you believe in a loving God? What could be adjusted to better align these ideas?

6. This week, where can you create a change of place, change of pace, changing our perspective by focusing on someone else's needs and not just our own?

Diving Deeper:

Re-read Matthew 6:25-34

- **Pray.** Philippians 4:6 (NIV) says, "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." This week, choose to turn moments of worry into prayer prompts.
- **Serve.** Do something for someone else who can't do it on their own. Who do you need to serve this week? What is something you could do for someone that would make their day?
- **Pick a place.** Where can you go to change your pace and place and get out of your routine for a few hours? Find a way to get outside of yourself and what you're worried about and focus on something bigger.
- **Rest.** John 15:4 (ESV) says, "Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me." How can you "abide" this week? Where can you add the discipline of resting in God's presence as you go through your week?