

## **SERIES “THE WASTE OF WORRY”**

### **PART ONE: Do Not Worry**

#### **INTRODUCTION**

Can God be trusted with your finances, your health, and your relationships? If so, then why do you worry? Truth is, the things we are most devoted to are the things we most worry about. What if we shift our devotion to God and his provision?

#### **DISCUSSION QUESTIONS**

1. Read Psalm 127:1-2. What does this teach us about worry and seeking God first?
2. What behaviors can we engage in that would combat worry?
3. Did Jesus worry during his earthly sojourn?
4. What is the significance of Jesus mentioning food, drink and clothes in his teaching about worry?
5. Is worry a sin?
6. If could eliminate worry from our lives, what would be the benefit?

#### **Matthew 6:34**

*Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.*