

“It’s ok to Worry about the Big Stuff.”

Series: *Five Lies from the Devil*

(Part 4 of 5)

Discussion Starter: What do you believe are the top three BIG worries people have today?

Explore: Read Exodus 4:1-17.

God revealed Himself to Moses through a burning bush with a call to lead the Israelites out of bondage. However, at the age of 80, Moses was not that excited about going to speak to the Pharaoh of Egypt as God’s representative.

1. When God called Moses to speak to Pharaoh, what three reservations did Moses give in response (see vs.1)?
2. What three miracles did God tell Moses to use if the Pharaoh would not listen (vs. 2-9)?
3. What does Moses’ response tell us about how he really felt regarding this assignment from God (vs. 10-12)? In what way did God try to calm his fears, worries, and concerns?
4. Why do you think God became so upset with Moses’ final response (vs. 13-17)?

Reflect: Review the LG and discuss the questions below.

1. Is it possible to live a life completely free of worry? Explain.
2. What is the difference between planning for the future and worrying about the future?
3. Describe a time when worry robbed you of joy or prevented you from living life to the fullest.
4. Why is it such an important step to “seek first” the kingdom of God when it comes to worrying about the big stuff in our lives? In the life of a believer, what does it look like to “seek first” the kingdom of God?
5. When stress goes up worry can take over. What worries do you struggle to keep under control? How will this lesson help you entrust those worries to God?

Live:

As a group: How would you rate the level of “worry” in your life today (is it high, low, or about average)? Spend time praying that each person in your group or family will truly be able to let go of worry and put their trust in God’s provision.

On your own: This week meditate on Matthew 6:33. Start each morning by talking to God about your day – include specifics about your family or job and practice releasing your worries to God.

Listening Guide Notes

^[25] “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? ^[26] Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? ^[27] Who of you by worrying can add a single hour to his life? ^[28] And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. ^[29] Yet I tell you that not even Solomon in all his splendor was dressed like one of these. ^[30] If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith? ^[31] So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ^[32] For the pagans run after all these things, and your heavenly Father knows that you need them. ^[33] But seek first his kingdom and his righteousness, and all these things will be given to you as well. ^[34] Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.” –**Matthew 6:25-34 (NIV)**

Four lessons from Jesus...

1. Value the _____.

“For with much wisdom comes much sorrow; the more knowledge, the more grief.” –**Ecclesiastes 1:18 (NIV)**

2. Worry is _____.

“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)**

“Anyone who is among the living has hope—even a live dog is better off than a dead lion!” –**Ecclesiastes 9:4 (NIV)**

3. Take responsibility for _____.

“Your word is a lamp to my feet and a light for my path.” –**Psalms 119:105 (NIV)**

“Give us today our daily bread.” –**Matthew 6:11 (NIV)**

4. Worry calls God _____.

"[God] has measured the waters in the hollow of His hand."
–**Isaiah 40:12 (NIV)**

"The earth is my footstool." –**Isaiah 66:1 (NIV)**

"Take every thought captive and make it obedient to Christ."
–**2 Corinthians 10:5 (NIV)**