

HomeGroup Discussion Guide

March 1-7, 2009

Key Idea of the Week:

Jesus made it very clear in the Sermon on the Mount that believers are not meant to worry. We are not to worry about our food or our clothes or our lives. Basically, God cares deeply for us so we need not worry about the things that worry unbelievers. But we do worry. We worry constantly. Some of us are addicted to worrying, and if we aren't worrying about something then we invent something to worry about. The Swedes say "worry gives a small thing a big shadow." How can we combat worry in our lives and be free from fretting?

Discussion Guide:

Pray for God to soften your hearts and speak to you as you open His Word together.

Read Psalm 118:5-14.

Discuss

Has there been a time in your life when 'In your anguish you cried out to the Lord, and he answered by setting you free?' (vs.5) Share about it with your group.

Is there an anxiety or anguish in your life right now that you would be willing to share with the group? Without making excuses for other people, tell about it.

Why do we prefer to trust in men or princes? (vs.8-9)

What do you think 'but in the name of the Lord I cut them off' means? (vs.10-12) How do you do that?

Why is prayer so important in combating worry or anxiety?

In your experience, does God wait for us to pray before he intervenes in our situations?

What difference do you think it would make in your life if every time you began to worry, you replaced worry with prayer?

If you are willing, name a worry or anxiety that plagues you currently and make this commitment to the group. Every time it worries you this week, replace that worry with prayer. Next week be prepared to share any differences you've noticed.

Pray for courage to act on what you've learned this week and for any requests that may have been raised by members of the group.