



Luke 12:22-34

Worry & Anxiety

10.3.21

Small Group Discussion Guide:

These are questions you could possibly use for small group discussion. Consider what questions work good for your group and what doesn't.

Opening Questions (pick one or two to answer as a group)

1. What are causes of worry and reasons for anxiety in our world today?
2. On a scale of 1-10, how would our rate the worry of your family of origin? How would you rate yourself?
3. How have you seen others deal with worry and anxiety in a hurtful or destructive way?
4. How does worrying affect your life?

Read through Passage together (Luke 12:22-34)

5. What stood out to you the most when you read this passage?
6. Worry was described as "choking or strangling" yourself. Can you share a time when worry caused all the joy and peace in your life to be choked out.
5. If we are commanded to not worry, is "worry" something we can choose to not experience?

Two Thoughts on Worry

Worry Shrinks God and Elevates Self. (Verses 24-28)

8. Look at the two illustrations (birds and flowers). What is the point Jesus is making about worry?
9. In what ways have you already seen God provide and take care of you? Why do you think we continue to struggle to believe God will provide in the future?
8. How does worry shrink God? How have you seen worry be an elevation of yourself?
9. If Jesus stopped His talk at 12:28, do you think you would have the instruction you need to stop worrying? Why or why not?



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We Worry About What Captivates our Hearts (Verse 34)

12. What treasures do people cling to?
13. Pastor Bryan said that under our worry are two driving forces: Desire and Fear. What desires or fears do you see under your worry?

Jesus gives us instruction in verse 31: Seek His Kingdom.

14. What does it mean to "seek His Kingdom"?
15. When we make ourselves big and God small, we are likely to worry about our own little kingdom. What are helpful things to remember so we keep proper perspective?
16. How does seeking His Kingdom first remove worry?

This Week

17. What can you do this week to elevate God and shrink yourself?
18. When you begin to worry, how can you pause and think about the desires beneath the surface?