



Sermon Discussion Guide  
*Overcoming Worry: Worry is Normal*  
Sunday, September 13, 2020  
Based on Pastor Jason's Sermon

## Introduction

Over the next four weeks we're going to be seeing what Jesus said about worry, anxiety, and fear. Through this series, we'll learn some practical spiritual lessons to help us when we're battling these kinds of emotions. In this first lesson, we learn that we can see worry as an invitation to get closer to God.

To watch this week's sermon before your group discussion, go to [www.journeyoffaith.com/messages](http://www.journeyoffaith.com/messages)

## Share Your Story

1. What were you taught about feelings growing up?
2. What's one thing you usually do when feeling worried or stressed?

## Hear God's Story

1. Psalm 139:14 tells us that God made us wonderfully complex. A big part of that complexity are emotions like worry and anxiety, which if left unchecked, can lead to a whole lot of unhealthy stuff. Read what Jesus said about worry in Matthew 6:25 to everyday people in His day. How does this normalize the negative feelings we all have at times, and what is Jesus saying here?
2. Read Matthew 6:26. Notice that Jesus doesn't shame them for their feelings, but instead lovingly affirms them and invites them to reflect and put things in perspective. Why are we sometimes inclined to be harder on ourselves for our feelings than Jesus Himself is? Next, what does this teach you about Jesus?
3. Read Matthew 6:33. Jesus is basically saying that instead of trying to get rid of our negative emotions, that we should just keep working on inviting God into more of our life and focusing on Him. What difference does it make to ask God to join us in our worry instead of asking Him to just get rid of it?

## Create a New Story

1. Think through your response to one area of worry or stress. Do you just freeze up, go over and over things in your head, or something else? And, can you identify what triggers that unique worry for you?
2. How and where can you set time aside this week to reflect on the fact that God sees you and loves you? How can making this a regular habit naturally help us when battling worry, anxiety, or fear?

## **Further Studies: Even Jesus Worried**

One of the most powerful sections in the Bible that shows Jesus Himself having emotional struggles is when He prayed in the garden right before His upcoming arrest and crucifixion. Worry and stress were a part of His human experience just like they are with us, but He chose to focus on the larger picture and move forward with faith despite them.

Read Mark 14:32-42, while paralleling what you read with what we've discussed so far.

### DISCUSS

1. What kinds of emotions do you see Jesus experiencing here?
2. What does Jesus mean in Mark 14:36?
3. How does what Jesus models here differ from the belief that emotions like this should be avoided at all costs, or that they're somehow "not religious"?
4. What's the biggest take-away for you out of all we've talked about in this lesson?

### RECOMMENDED READING

"Anxious for Nothing: Finding Calm in a Chaotic World" by Max Lucado

"Rhythms of Renewal: Trading Stress and Anxiety for a Life of Peace and Purpose" by Rebekah Lyons

"Try Softer: A Fresh Approach to Move Us out of Anxiety, Stress, and Survival Mode - and into a Life of Connection and Joy" by Aundi Kolber

"Freedom from Anxious Thoughts and Feelings" by Scott Symington

"Finding Quiet: My Story of Overcoming Anxiety and the Practices that Brought Me Peace" by J. P. Moreland

"Get Out of Your Head: Stopping the Spiral of Toxic Thoughts" by Jennie Allen

"What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety" by Dawn Huebner and Bonnie Matthews

### **For Parents: Repackaging for Youth**

1. For those who have young children in the home, what are some ways you could teach this lesson to them that takes into account their age and learning level?

For questions about this curriculum, contact Pastor Matthew Jensen at [matthew.jensen@journeyoffaith.com](mailto:matthew.jensen@journeyoffaith.com)