



Sermon Discussion Guide  
*Overcoming Worry: Face What Worries You*  
Sunday, September 20, 2020  
Based on Pastor Jason's Sermon

## Introduction

We're in a four week series where we're seeing what Jesus said about worry, anxiety, and fear. Through this series, we're learning some practical spiritual lessons to help us when we're battling these kinds of emotions. In this second lesson, we learn that we can face our worries.

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. When was the last time you did something even though you didn't know how it was going to turn out?
2. What are two things you tend to worry the most about?

## Hear God's Story

1. Read Matthew 14:22-27. Here we can see that Jesus' friends started worrying when things became uncertain. How can learning to tolerate uncertainty help alleviate worry in your life?
2. Read Matthew 14:28-29. Here we see Peter not giving into worry and taking a step out of the boat as he focused on Jesus. What are some things you say to yourself that *prevent* you from stepping out of the "boat" in your own life and into action?
3. Read Matthew 14:30-33. Here we see Peter sunk because he became more focused on his circumstances than on what Jesus wanted him to focus on. What are some practical ways you can focus more on Jesus this week and less on the circumstances around you?

## Create a New Story

1. What one area in your life do you need to release control of and trust God with?
2. This week, take one step towards something that worries you. What would this look like for you this week?

## Further Studies: Lessons From an Old Commentary

John Chrysostom (born 347 AD) was an early Church father and archbishop of Constantinople. He was known for his great teaching and commentary on the Scriptures. Take a look at what he wrote about Matthew 14:22-33 below, then move on to the discussion questions.

“This is the way Jesus constantly deals with our fears. He does not hesitate to bring on worse things, even more alarming than those before. They were troubled here not only by the storm but also by the distance from the land. Note that he did not too easily remove the darkness. He did not come quickly to their rescue. He was training them by the continuance of these fears and instructing them to be ready to endure.”

- From *The Gospel of Matthew, Homily 50.1*

### DISCUSS

1. What’s Chrysostom saying here?
2. What does this tell us about God, and about what He wants from us?
3. What’s one powerful thing you’ve either learned or been reminded of 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)