

WEEK 35:

THE WORRY TRAP

PRIMARY SCRIPTURE:

Luke 12:22-34

RELATED SCRIPTURES:

Joshua 1:1-9, Isaiah 41:1-20, John 14:27,
Philippians 4:6-7, 1 Peter 5:6-7

“Our anxiety does not empty tomorrow of its sorrows, but only empties today of its strengths.”

- Charles H. Spurgeon

“Fear and anxiety begin to work in the hearts of men and women in a horrific way and, to this day, rob the children of God from the delight in God they should walk in.”

- Matt Chandler

PERSONAL STUDY:

Our raw resources of time, money, mental and physical energy naturally flow toward what we treasure most. Considering your time, money and energy, what do you treasure most? Why? What deep desires do you believe these treasures can give to you?

Read Luke 12:22. What two things does Jesus caution against worrying about? Even if you don't worry about having something to wear or where your next meal will come from, there are other aspects of food and clothing to worry about. Where do you see this in our culture or in your life?

Read Luke 12:25-26. What do Jesus' questions point out about human nature? About what situations or people do you regularly feel stress, anxiety or worry? What are you most afraid will happen if things don't go the way you want?

Read Psalm 135:6 and Isaiah 46:9-10. How is Jesus in control of the specific things you worry about? How is His sovereignty comforting to you? What is unsettling about it?

Read Luke 12:13-34. How is Jesus' conclusion in vs. 32-34 an answer to both the greed discussed in vs. 13-20 and the worry discussed in vs. 22-34?

Are people in your life aware of the things you regularly worry or stress about? If not call someone in your LifeGroup to confess and ask for prayer and assistance.

SERMON NOTES:



LIFEGROUP DISCUSSION:

From the personal study and/or sermon, what did Jesus reveal that you worry about the most? What are ways you can ask lifegroup for help as you repent from your anxiety?



Read Luke 12:24-32. What fundamental truths of God’s character and our identity motivate repentance and lead us into freedom from worry and anxiety? What keeps you from trusting that God’s got you? How do you need to push back against unbelief with God’s word?

Read Luke 12:30. If God knows exactly what we need, why should we pray?



Read Luke 12:30-34. How does last week’s sermon about greed tie into anxiety? Why does Jesus give the same solution for wanting to have too much money and fearing not having enough money? What would obedience and repentance in light of v. 33 look like in our lives?

How does freedom from anxiety further enable us to be on mission? Pray for God’s spirit to lead us to trust Jesus, walk in repentance and freedom and gladly give our resources to His kingdom advancing.

