



Overwhelmed Week 1 Discussion Questions

Breaking the Ice:

What book, video or movie have you read/seen recently that you would recommend? Why?

Scripture: Matthew 6:25-27

Discussion Questions:

Pastor Chad shared, "Jesus's command to us is "do not worry."

1. What do you tend to worry about? Why?
2. Share how worry has affected you at different times in your life.

Pastor Chad shared, "Jesus connects the amount of worry in my life with the amount of faith in my heart."

3. How does the amount of faith in your heart impact the amount of worry in your life?

Read Romans 14:23 & Matthew 6:28-30

Pastor Chad shared, "Worry is a sin issue."

4. What causes us to not trust God and worry?

Read Isaiah 55:8-9, Proverbs 14:12 & Proverbs 3:3-6

Pastor Chad shared, "Worry is a control issue."

5. Describe an area of your life where you're struggling giving up control and trusting God.

Read 2 Timothy 1:7, Hebrews 4:12 & Philippians 4:6-7

Pastor Chad shared, "Worry is a focus issue."

6. How can we turn our focus to God and His promises when we find ourselves worrying?

Pastor Chad shared, "Worry leads to hopelessness; wonder leads to peace."

7. How can we begin to turn our worry into wonder?
8. What is a wonder you have in your life right now?

God At Work:

9. Who did you reach this week?

10. How were you generous this week?