



## Welcome

If you were a Mr Men character what would you be and why? Who has done the Facebook test to see what character you would be? Any shocks?!

## Word

This week's theme is 'worry'

Read Matt. 6 v.25-34

- Why can this teaching be hard to hear at times?
- What kind of things do we worry about?
- What are some of the affects of worry?
- In what ways is the issue of trust in God a key issue when it comes to worry?
- What have you learned about worry from your own life experience?

Read 2 Chronicles 20 v. 1-30

- How did Jehoshaphat handle the bad news he had received?
- In what ways is worship a good antidote to worry?
- How hard is it to stop trying to fix/control things and allow God to act on our behalf?

Look at the 4 tools for worry that were shared...discuss them and begin to apply them...

1. Begin your day with God - get ahead of worry
2. Re-label worry as "tomorrow"
3. When worry grips you, participate in what God is doing today - serve, pray, give...
4. Give God your worries at night - He is going to be up all night anyway!

## Worship and Works

Spend time thanking God for his peace in tough times and pray for anyone who is worried right now either in the group or others you know of.