



“You’re not the boss of me” - Week 6 - Hurry and Worry

Welcome - If you were to describe your emotional state right now in terms of a weather forecast what would it be?

E.g warm and sunny, scattered showers, big freeze, thundery etc.

Word - Take some time to look back on the whole series.....We’ve looked at, guilt, envy, anger, fear, hurry, worry....

- What was the stand out emotion for you at the time?
- What has impacted you the most from this series?
- What are some ‘take homes’ for you?
- What do you still find challenging about these issues?
- When you think about ‘hurry’ what comes to your mind?
- How does hurry manifest in your life?
- How does hurry become the boss of you at times?

Read Matt. 11 v.28-30.

- How did Jesus seem to navigate being so busy and so unhurried at the same time?
- What are the differences in terms of culture and context between Jesus and us?
- What can we bring into our lives from the practices Jesus modelled?
- How does worry manifest in your life?
- How does worry become the boss of you at times?

Read Matt. 6 v.28-34

- What do these verses say and mean?
- What are you learning about applying some of these principles to your life?

God has 2 big sheepdogs that pursue us....GOODNESS & MERCY

- Why is this such a powerful and comforting image?
- What has God said to you during this series?
- What are you going to do about it?

Finish by spending some time in Psalm 23...be creative, play some music, read some different versions....then pray for each other that Jesus will be the boss of you and your emotions and that you will know the presence of **goodness and mercy** as they pursue you!