



BIG IDEA SMALL GROUP DISCUSSION GUIDE

Small groups that focus on the Big Idea for the week can use this guide to apply the message to life and take action. Feel free to use whatever parts of this guide best fit your group personality and time frame. Do NOT feel like you have to use every question. All verses, unless otherwise noted, are from the New International Version (NIV).

10.31.09//11.01.09 // Hostage – Freedom From Worry

BIG IDEA: *When we trust God with the worry in our lives, we're acknowledging that He is all-powerful, is caring, and cannot fail.*

// Ice Breaker _____

Option 1: What were some of your silliest worries you had as a child growing up?

Option 2: Share a time that you were very worried about something, but it never happened.

// Questions for Discussion _____

1. **Read 1 Peter 5:7** Cast all your anxiety on him because he cares for you.

How does it make you feel that God really does care for you?

2. **Read Romans 14:23** Everything that does not come from faith is sin.

Why do you think worry is a sin?

What is the difference between worry and concern?

3. **Read Matthew 6: 25**

Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes?

Matthew 6: 33 - 34

But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

An antidote to worry is complete trust in God.

Is this easy to do?

What are some practical things someone might do to build trust in God?



4. **How might irritability and impatience be a symptom of worry in your life?**
What could be some other affects on one's life due to worry?
How could worry affect our relationship to God and those around us?

5. **Principle I: I Will Do What God Wants Me To Do.**
Read James 1:22 Do not merely listen to the word and so deceive yourself, but do what it says.

What are some ways to know what God is telling us?

How do you think this would help us break free from being a hostage to worry?

6. **Principle II: I Will Give God What I Cannot Do.**
Read Philippians 4: 6-7

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

How do we give God what we cannot do?

What do you think the Bible means by 'the peace of God'?

7. **Principle III: No Matter What, I Will Choose to Believe That God Will Not Let Me Down.**
Read Job 13:15 (NLT) God might kill me, but I have no other hope.

Does having faith in God mean that we will escape serious problems?

What are some ways we could handle major problems in our lives?

7. **Read Joshua 1:8 (NLT)**

Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do

To change the way you live, you've got to change the way you think, and to change the way you think, you've got to change what you think about.

How can the Bible change how we think?

Have the group share ways they find helpful in studying the Bible.

// **Application**

Read and commit to memory Philippians 4: 6-7

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Share what things you worry about most and have the group pray about them.

// **Prayer**

- **That we would realize what worries hold us hostage.**
- **For faith that we would totally trust God and know that we do not have to worry.**
- **For the things mentioned in the group that worry them.**