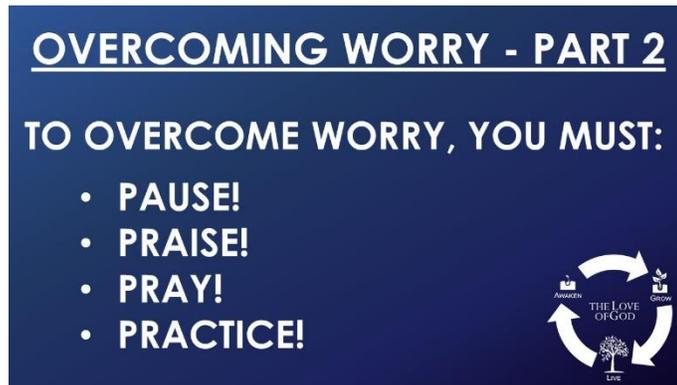


Overcoming Worry – Part 2

March 29, 2020 Discussion Notes

Everyone is encouraged to bring a Bible

(Phone apps are good for reading together in the same translation. Study Bibles give help with interpretation.)



Questions:

1. How have you typically tried to deal with worry in your life? How successful have your methods been?
2. What do you remember about each of the main points of the sermon? (seen above). Discuss what stood out to you. Do you have any questions to bring up?
3. Read Mark 4:35-41.
 - a) What elements of this story show that Jesus is God? What elements show that he is also man?
 - b) Why do you think Jesus had fallen asleep? (see John 4:6).
 - c) Why is it significant that Jesus got weary? (see Hebrews 2:17 and Hebrews 4:15)
 - d) How weary are you of the coronavirus crisis we are facing?
 - e) Does it help you to know that Jesus experienced weariness and knows how you feel?
 - f) How worried are you about the coronavirus crisis we are facing?
 - g) Is it understandable that Jesus' disciples were afraid in this story? What were they not realizing?
 - h) If Jesus had the power to calm a storm on the Sea of Galilee, do you think he could calm the storm inside of you (if you ask him to)?
4. Read James 1:2-4.
 - a) Is it even possible to respond to difficult trials with "pure joy"? Why or why not?
 - b) According to this passage, what is the reason for having such joy?
 - c) Now read Romans 8:28-29. What is God's purpose for you?
 - d) Do you see ways in which God is using the current trial the world is facing for good? List all the ways you can think of.
 - e) Are you able to give thanks to God and praise him for the good he is doing in your life right now?
5. Read Matthew 6:9-13. This is commonly known as "The Lord's Prayer".
 - a) Notice that Jesus does not say, "this, then, is what you should pray". He says, "this, then, is how you should pray". What is the significance of this?
 - b) In light of the current pandemic, do you think you could write out a prayer for the world and yourself, using the Lord's Prayer as a template? Take some time to do that now.
 - c) Now make a plan to pray the prayer you wrote each day for a while. Feel free to make edits and additions as you go.
6. Do you remember Katherine's egg video? It illustrated that worry can be displaced by meditating on God's word and promises. What are some promises from God's word that you can proclaim by faith? Share with others some of the promises that you are being encouraged by.
7. Now spend some time praying for each other. Pray that the peace of God would fill each one. Also pray for our society and world right now.