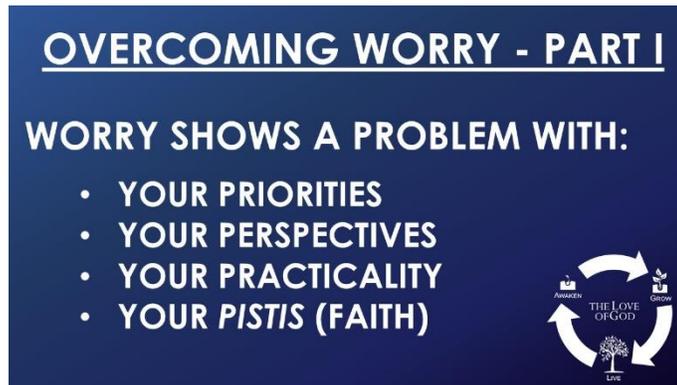


Overcoming Worry – Part 1

March 22, 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. What is one of the most scary situations you have been in? Why was it scary? How did it turn out? Share some stories with others in your group.
2. How scary is the current COVID-19 outbreak to you? What are you more afraid of: contracting the virus or seeing our society and economy harmed?
3. 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?
4. Priorities. Read Mark 10:17-23
 - a) What was the man worried about at the beginning of this passage?
 - b) Jesus lists six commandments. Where are they from? (see Exodus 20)
 - c) What is the focus of these six commandments compared to the others listed in Exodus 20?
 - d) The man said that he had kept these commands all his life. What do you think his motive had always been?
 - e) What was the man lacking? What issue did Jesus pinpoint in his life?
 - f) What was his great love in life? What should it have been?
 - g) Do you think his worry problem was fixed or made worse by his encounter with Jesus? Why?
 - h) How did this man's worries have to do with his priorities in life?
 - i) Do you think you have any worries stemming from misplaced priorities?
5. Perspectives. Read Romans 8:31-39
 - a) Based on this passage, what perspectives should you have about God?
 - b) Based on this passage, what perspectives should you have about yourself?
 - c) If you were to fully adopt these perspectives, how much worry do you think you would experience?
6. Practicality
 - a) Can you think of any benefits of worry? If so, list them.
 - b) Now list any negative effects of worry.
 - c) Compare your lists. What is the practical thing to do with your worry?
7. Pistis (faith). Read Romans 10:17
 - a) What kind of message increases faith?
 - b) How can you get more of this message into your mind and heart?
 - c) What can you do this week to grow in faith?
8. 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.