



Week 2

LifeGroup Questions

(Suggested supplies for Group Activity this week: Paper and pen for each person and a small trash can for the group)

IceBreaker: (Suggested time 5 min.)

Sometimes life can seem like one of those “haunted house” amusement park rides...never knowing what will jump out of the dark at us next. What do you worry might “jump out of the dark” at you this week?

Objective:

To recognize and face the worries that hold us “Hostage,” then release them to God.

- (Suggested time 5 min.)
How might **irritability** and **impatience** be a symptom of worry in your life?
- (Suggested time 5 min.)
What other indications of worry do you see in your life?
- (Suggested time 5 min.)
How does worry distract us and put our relationship with God on “hold?”
- (Suggested time 5 min.)
What worries are distracting you from focusing on God?

Read Romans 8:38 (NLT)

...I am convinced that nothing can ever separate us from his love. Death can't, and life can't. The angels can't, and the demons can't. Our **fears** for today, our **worries** about tomorrow, and even the powers of hell can't keep God's love away.

Group Activity (Suggested time 15 min.)

1. On a piece of paper write down the worries that are holding you “Hostage.”
 2. **Next read Romans 8:37-38 (NLT)**
...**despite all these things**, overwhelming victory is ours through Christ, who loved us. And I am convinced that nothing can ever separate us from his love. Death can't, and life can't. The angels can't, and the demons can't. Our **fears** for today, our **worries** about tomorrow, and even the powers of hell can't keep God's love away.
 3. **Suggested time 3 min.)** Silently look at what you have written and pray, asking God to set you free from your worries. Then take your piece of paper, tear it up and throw it away.
 4. **Read:**
“My” fears for today, **“my”** worries about tomorrow, and even the powers of hell can't keep God's love away **“from me.”**
- How will you **personally** live out this truth?

For Further Study

Matthew 6:25-34 What are your top three worries? What three worries did Jesus discourage among His followers? Why? (6:25) What benefits does worry bring? (6:27) What comfort can followers of Christ find in the beauty of nature? (6:30) What priorities should we have in life? (6:33) If God is really in control of the universe, why do we worry so much about so many things? What worries do you struggle to keep under control? What can help you entrust your worries to God? What steps can you take today to change your priorities from worldly ones to kingdom ones?

Luke 12:22-34 Why did Jesus start talking about worry? (12:22) What is more important than food or clothes? (12:23) What does God want us to seek? (12:31) Where can treasure be found? (12:33) Why do we worry about food and clothes? What situations bring out the worrier in you? What has worrying done for you? How can we store up treasure in heaven? When can you pray today to hand over your worries to God?