



DELTA
GROUPS
March 22nd
"Worried"
"Devoted Worry"

Big Idea: Shift Our Devotion; Reduce our Worry.

Anxiety is found everywhere. The economy is having struggles. People's retirement funds are being depleted. People are losing jobs. Some of the big industries and big companies that were once powerful are now in trouble. If you "Google" worry you will find unlimited articles and data that points to a society filled up with worry. What does a Christ follower do? Does the way of Christ provide for us an answer to this anxiety? This series and this lesson will draw us into the words and wisdom of Jesus. We will find that our worry has much to do with our faith not our circumstance.

Open it: Comment on the following quote by Mark Twain. "I am an old man and have known a great many troubles, but most of them never happened." Would you classify yourself as a worrier? Why? What are some of things that occupy your worry?

Dig it: Read Matthew 6:24-34

1. Verse 24. How do we try to serve both God and money?
2. Vs. 25. Jesus is very direct. "Do not worry about your life." How realistic is that to you? Why do you think Jesus is so blunt?
3. Vs. 26-29. Look at the birds! Discuss as a group how birds are taken care of by God? Discuss how God takes care of the flowers. Why does God love us more than birds or flowers?
4. Vs. 30. How is our faith related to worry?

Reflect on it:

We were given two challenges this week. Lets discuss and work them together.

1. When we worry remember: God loves us more than the birds. How does our focus on our worries distract us from the care of God? How can this reminder help us this week?
2. If the emotion of worry is associated with the devotion of my life then where is your devotion? We can be worried about "good" things like our family and our church family, how can even worrying about those things reflect a misguided devotion and not being first devoted to God?

Do it:

1. What are you worried about today? How will you approach those things this week?
2. Pray for our devotion to God. Pray that our hearts would be focused on Him and His care.

