Introduction:

A big part of what it means to be human is the ability to feel. We feel joy, hope, anger and disappointment. Our feelings don't have to dictate our lives. They can actually be used to drive us toward a deeper experience of God.

Scripture:

"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 than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?

"And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. 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.

—Matthew 6:25-34

Discussion Questions:

1. What are some of the feelings have you experienced in the past week? How have your feelings impacted your behavior?

2. What is one thing you are worried about right now? Let our group pray for you.

3. Share about a time when you have overcome worry. What steps did you take to move forward beyond the feeling of worry?

Take the Next Step: Make a list of what is worrying you right now. Now make a list of actions you can take to impact the situations you are worried about. Turn those worries over to God.