



Worry “Can I trust?”

Gather:

Make sure to really take the time and ask these questions each week. They often are the same week to week, but we believe if truthfully answered can reveal a lot about what God is doing in your lives.

- Take some time to talk about the events of these past couple of weeks. Did you experience lots of worry? How do you think you handled the worry?
- How am I doing loving the people God has given me to love?
- Why is God so good?

Change:

- We started our “I’m Not Okay” series this weekend. Think back to the message and share what theme or verse stuck out the most? Why?
- Read Matthew 6:19-24 using the “Personalize It” method. (Read the passage but replace all -pronouns and nouns with your name. Read this as God is speaking directly to you. What comfort can be gained from Jesus’ words? What is difficult for you to believe or accept in his words? How does our faith grow in order for us to not only believe but act on Jesus’ words?(see next question)
- The Sermon on the Mount is summed up by Jesus when he says in verse 33, “Seek first his Kingdom, and all these things will be given to you as well.” Discuss what it means to seek God’s Kingdom first. Seeking the Kingdom first while we face troubles means facing them not with worry, but rather trusting that God can and will work in them. Worry keeps us from seeking the Kingdom of God, while seeking the Kingdom of God keeps us from worrying.
- We talked about the need to **Keep Perspective, Do all you can do, and Trust.**
 1. Keep perspective of who God is and who you are as a Christ follower. What is something you can do to seek God’s Kingdom first? (hint: it rhymes with clay)

2. Prepare and Act. In any situation we face troubles we must do all we can to be prepared. We create a budget. We have a hurricane plan. We pray regularly. Where is an area in your life that you need a plan to be better prepared?
3. Trust that God has this. When you have a Kingdom perspective and you have prepared in every way you can, you ultimately can trust God with the rest. Read Romans 8:35-39. Discuss how this should transform the way we view worry.

Serve:

- If you haven't gone through the Growth Track at Shift, you are missing out! It is a fantastic path to learn more about God, learn about the mission of Shift church, as well as discover your gifts and purpose. Classes are held in the Treehouse Kidz building following the 2nd service. Childcare is provided.
- Who are you going to invite for next weekend as we continue our series "I'm not okay"?
- **How are you going to serve the people of Gainesville as a small group? Has your group signed up to serve at Family Fest??!**