

Message Study Guide

(Scriptures & quotes from this week's message are available on thorncreek.church/live)

Warming up

1. How would you describe worry or anxiety?

2. Read a definition of worry and anxiety. What's the difference?

Digging Deeper & Application

Take your time reading the scripture given. If possible look up the verses in different versions and pause at each verse and discuss it.

3. Read 1 Samuel 13:1-7.
 - a. Why were King Saul's men afraid?

 - b. What were they doing?

 - c. How do you think this was making Saul feel?

 - d. Why is it hard NOT to worry?

4. Please read 1 Samuel 13:8-14.
 - a. What did Saul do?

 - b. What did God do as a result of Saul's unwillingness to wait?

 - c. What did it cost Saul?

 - d. What did it cost his family?

 - e. Why did God take it so personal?

5. Compare Saul's decision with Philippians 4:6-7.
 - a. What are we to do when we feel anxious or worried?

- b. Compare this with Matthew 6:25-26; and 1 Peter 5:6-7.

6. Worry, trust, anxiety, are spiritual issues. They are not harmless. What is God calling you to do today?

7. What are you worrying about that needs to be entrusted to God?

Application

Below are some of the points shared in the message. Discuss how they apply to your life.

- "The average person crucifies himself between two thieves: The regrets of yesterday, and the worries of tomorrow."- Anonymous

- Anxiety starts with what you see.

- Worry is a small trickle of fear that meanders through the mind until it cuts a channel into which all other thoughts are drained.

- "Here's what I've discovered...God takes care of problems way better than I could take care of them. AND...God is much more creative about how He resolves problems." -Pastor Ruben

- "When I understand that everything happening to me is to make me more Christlike, it resolves a great deal of anxiety." - AW Tozer