

Message Study Guide

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

Warming up

1. What are you concerned or worried about?

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.

2. What do you think about this quote? "Worry is a cycle of inefficient thoughts whirling around a center of fear." - Corrie Ten Boom
3. How would you define worry?
 - How would you define concern?
4. Please read Matthew 6:25-34. What do you see in this passage?
 - What do you think God is telling you?
5. Pastor Ruben said, the original Greek of the words, "Do not worry" means, "That of forbidding the continuance of an action already going on." Or, "Stop perpetually worrying about even one thing." What does this mean to you?
6. The Greek word for worry is a combination of two Greek words. The first means "to divide". The second is "mind". When we put these two Greek words together, we have the Greek word "merimnao" which means literally "a divided mind". How does worry and your mind work together?
7. Pastor Ruben shared some examples when "concern" (not worry) was used. Please read Phillipians 2:19-20, and 2 Corinthians 11:28. Talk about it! Compare these verses with Phillipians 4:6, Luke 10:38-42, and Matthew 13:22. Compare with this quote, "No one can pray and worry at the same time." - Max Lucado.

8. According to Ezekiel 18:4, who owns your soul? What are your thoughts about this quote? "Worry implies that we don't quite trust God is big enough." - Francis Chan

9. According to Psalm 34:18, how does anxiety affect our spiritual lives?

10. According to 1 Peter 5:7, what are we to do with our anxiety? What does cast mean? Compare with John 14:27 and Matthew 6:33-34.

Application

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

- DO NOT FEAR
- "Fear is a choice, but so is faith." - Craig Groeschel
- The devil wants to divide your mind.
- "Your mind is the lion's teeth. It's the eagle's wings. It's the elephant's weight. It's the cheetah's speed." - T.D. Jakes
- "No one can pray and worry at the same time." - Max Lucado
- Jesus is saying, the way a BELIEVER thinks, and the way an UNBELIEVER thinks, should be different.
 - If your concern becomes anxiety, it's worry.
 - If your concern affects peace, it's worry.
 - If your concern affects your sleep, it's worry.
 - If your concern affects your state of mind, it's worry.
 - If you perpetually think about it, it's worry.
- **Matthew 6:33-34 (NIV)** - 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.