



## Asking For A Friend: Week 3



<sup>30</sup> *And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith? Matthew 6:30*

### Start Talking:

- What is a silly thing that you occasionally worry about?

**Start Sharing:** How can I stop worrying? How would you answer this question?

**Read:** Matthew 6:25-30: Why Jesus tells us not to worry...

- It's not organic. v. 25
- It's not profitable. v. 27
- It's not faith. v. 30

Which reason NOT to worry stands out to you?

Matthew 6:31-34: Jesus' formula for a worry free life...

- Fixate on God. v. 31-32
- Make God the priority. v. 33
- Live in the present. v. 34

Which ingredient, to a worry-free life do you need to apply?

### WORRY EXERCISE

### Start Doing:

- Check out the Brevard Community Church Library Titled "Asking For A Friend" on Right Now Media App. (Click in the upper left corner once you've opened the app, and click on "Brevard Community Church")
- Do the WORRY vs. CONCERN exercise this week (see back). Journal how it helped.
- Make an appointment with a friend and do the WORRY vs. CONCERN exercise together.

<b>Worry</b> = Wrong thoughts.	<b>Concern</b> = Right thoughts.
I play God.	I partner with God.
False	Forsaking
Evidence	All
Appearing	I
Real	Trust
	Him

**Praying:** God, worry has been a problem in my life. Empower me to trust and partner with You.

**More Scripture:** Philippians 4:6-9; 2 Timothy 1:7; Isaiah 41:10

**Remember:** Worry = Wrong thoughts. I play God. | Concern = Right thoughts. I partner with God.

**Don't let the conversation stop. Keep talking it over with others in a GROUP.  
Don't have a group? Check out [brevardcommunity.org/groups](http://brevardcommunity.org/groups)**