

Gathering

WORRY

Anxiety, distress, unease, disquiet, nervousness, edginess, tension, stress: When you hear these words, you might be thinking about emotions one feels watching a scary movie. These are all synonyms of an experience we have all been guilty of at one time... 'worry'. When we worry, we gain the same reaction as if we experienced something to be feared—but God tells us over and over again in the Word to not worry! Matthew, 'don't worry about your life...'. Philippians, "do not be anxious about anything..." Psalm 23, "Even though I walk through the valley of the shadow of death, I shall fear no evil..." The list goes on and on of encouragement and even command to NOT WORRY. So why do we still worry if we put our faith in God? This month's discussion is to push the envelope a bit and tackle a difficult subject. Please note the sensitivity some may have toward this subject, but always emphasize that while we may not always be perfect at not worrying, we are loved by a perfect God.

After sharing the Scripture, use at least three of the questions below with your group:

- What is something you are afraid of?
How do you think this fear developed?
- Do you believe you can live a completely worry-free life?
Why or why not?
- What is your 'go to' reaction or plan when you begin to worry?
- Discuss some ways you can tame feelings of worry when they start to arise.

After the sharing, you may wish to take time to discuss how, as a group, accountability can be held to encourage a deeper exploration of scripture or even offer a fun challenge of memorizing a new verse per week.

Be sure to hand out the Monthly Scripture Card and Take Home Sheet.

Complete your monthly report and turn it in to the Corps Officer.

1 John 4:18

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What is something you are **afraid** of? How do you think this **fear** developed?

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Do you **believe** you can live a **completely** worry-free life? **Why** or why not?

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What is your **'go to'** reaction or plan when you begin to **worry**?

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Discuss some ways you can tame **feelings** of worry when they start to **arise**?

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But perfect love
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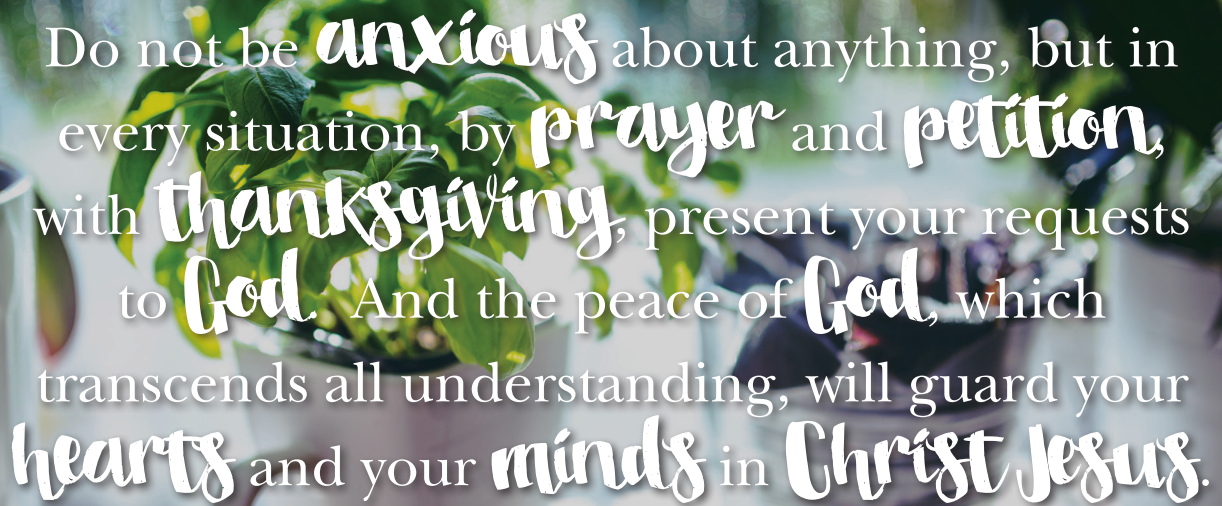
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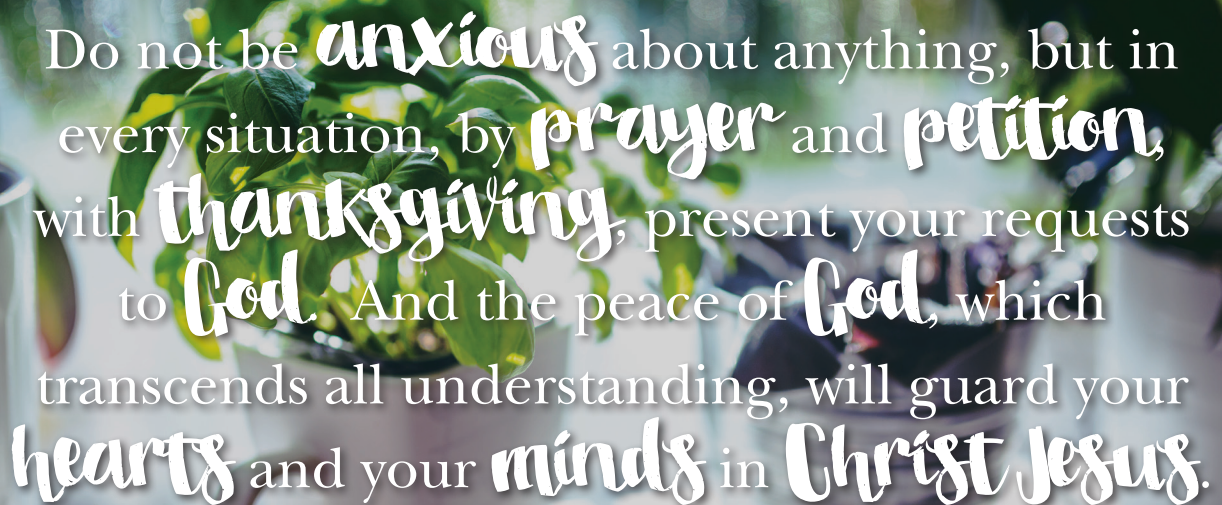
Display this on your wall or desk or by your bed as a daily reminder



Do not be **anxious** about anything, but in every situation, by **prayer** and **petition**, with **thanksgiving**, present your requests to **God**. And the peace of **God**, which transcends all understanding, will guard your **hearts** and your **minds** in **Christ Jesus**.

Philippians 4:6-7 NIV

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