

Series: HOPE BEYOND
Title: Hope Beyond Worry
Guest Speaker: Willow Weston
Date: June 8-9, 2019

Intro

Jesus continually calls us to renew our thinking. "You have heard but I say to you." This is especially important as we live in what some are calling the "Anxiety Culture".

1. What stood out to you from Willow's message?
2. Read how Christ calls us to encounter worry in Matthew 6:25-34.
3. How is life like a trip to the spa?
4. The word worry actually means to choke or strangle. When worry barges into your thoughts, what advice does it insist you take?
5. What broken theology does Jesus point to as the root cause of worry?
6. Jesus is always asking questions. What's more, he asks us to ask ourselves questions. What questions does Jesus ask us to ask ourselves in this passage?
7. When you are anxious why is it important to ask yourself questions and get a "second opinion" or have second thoughts about what's worrying you?
8. Tell the truth. When you're afraid, do you take matters into our own hands or do you recognize a call to pray first?
9. What's the key idea Jesus wants us to grasp in Matthew 6:25-30, and which instructors teach that lesson?
10. What stands out to you in Psalm 104:10-23 and 27-28? How can these truths be a dyke when worry starts to flood our thoughts?

"God makes springs pour water into the ravines; it flows between the mountains. They give water to all the beasts of the field; the wild donkeys quench their thirst. The birds of the sky nest by the waters; they sing among the branches. He waters the mountains from his upper chambers. The land is satisfied by the fruit of his work. He makes grass grow for the cattle, and plants for people to cultivate—bringing forth food from the earth, wine that gladdens human hearts, oil to make their faces shine, and bread that sustains their hearts. The trees of the Lord are well watered, the cedars of Lebanon that he planted. There the birds make their nests; the stork has its home in the junipers. The high mountains belong to the wild goats; the crags are a refuge for the hyrax. He made the moon to mark the seasons, and the sun knows when to go down. You bring darkness; it becomes night, and all the beasts of the forest prowl. The lions roar for their prey and seek

their food from God. The sun rises, and they steal away; they return and lie down in their dens. Then people go out to their work, to their labor until evening. All creatures look to you (God) to give them their food at the proper time. When you give it to them, they gather it up; when you open your hand, they are satisfied with good things.”

11. Willow gave a number of stories about of how people lose their value or have it stolen. Which one stood out to you the most?
12. What else would you like to bring up from her message?

Martin Luther used to say that every time we see a bird we should recognize it's an evangelist sent from our heavenly Father to tell us he sees and what we need is on the way.