

You Have Nothing to Worry About

How to Overcome Your Worry

- **Review This Week's Sermon**
- **Review Key Scriptures**

Philippians 4:4-7 NIV

“Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. 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.”

Proverbs 12:25 NIV

“Anxiety weighs down the heart, but a kind word cheers it up.”

Galatians 5:22-23 NIV

“But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.”

Matthew 6:25a, c, 27a, 28a, 31a, -34, NASB

“Therefore I tell you: Don't worry about your life, Isn't life more than food and the body more than clothing?... Can any of you add one moment to his life span by worrying? And why do you worry... So don't worry... Therefore don't worry about tomorrow, because tomorrow will worry about itself. Each day has enough trouble of its own. I have told you these things so that in me you may have peace. You will have suffering in this world. Be courageous! I have conquered the world.”

John 16:33 NASB

These things I have spoken to you so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world.”

Start talking. Find a conversation starter for your group.

- Share one of the times in your life that you felt completely at peace, and you felt worry-free.

Start thinking. Ask questions to get your group thinking.

- Which part of this message was most impactful for you and why?

- Read **Philippians 4:4-7**. There is a process to obtaining peace. What are the steps outlined in the passage? Why do you think Paul is so specific about the process?
- Describe your internal/external process when you are faced with anxiety.
- Where in your process do you usually get derailed from God's process?

Start sharing. Ask questions to create openness.

- We might struggle with anxiety often because we live in a world that is often negative, cruel, unpredictable, etc (you can fill in this blank). Which of these circumstances do you experience most? What could you pre-decide now, to help you claim peace when faced with that circumstance?
- What are some of the blessings in your life, regardless of circumstances, that you can call to mind and enter into prayer with thanksgiving next time you're feeling anxious?
- How do you believe God is calling you to leave your progressively leave your anxiety behind?

Start praying together. Be bold and pray with power.

Father, sometimes we struggle with worry and anxiety. We know that our minds are under our control through the power of Jesus. So, we want Your help when we start to feel worried or anxious, and we ask that you would remind us to dwell on Your truth in Your Word. Thank You for helping us. In Jesus' name, amen.

Start doing. Commit to a step and live it out this week.

- When you identify what causes you anxiety, you can create clear steps to deal with it. This week, write down the things or circumstances that usually cause you anxiety that you shared with your LifeGroup. Place them in a spot where you'll see them daily. Under each one, write out a verse that specifically speaks about God's power over that thing or circumstance.
- Start the *Worry For Nothing* Bible Plan using the YouVersion Bible app or online - [Worry For Nothing 3-Day Devotional](#)
- Consider how you could love others by serving during the week or weekend atharvest.church/serve