

## Overcoming Worry | Week 4

### Introduction (2 minutes)

The problem is not that we don't love God enough; it's that we do not realize how much HE loves us. God does not want us to worry because HE loves us. Control is a lie. There is only ONE who is in control and the good news is HE is great, and HE is good. Satan is the "father of lies" and uses worry to stifle us and steal, kill and destroy us. To lose the lie is to embrace that we're not in control and that God can be trusted.

### Conversation Starters (10 minutes)

- What's something you worried about last week that turned out to be no big deal?
- What helps you most when worry starts to take over?

### Sermon Notes Review (15 minutes)

What caught your attention, stood out to you, or challenged you from this weekend's teaching?

### [Watch the Video](#) (5 minutes)

- Prepare to watch the video by opening your Bible to Matthew 6:25.

### Group Discussion (45 minutes)

#### *Starter Question from the Video:*

1. What is something you are worried about?
2. Take some time to pray for one another and the worries you shared.

#### *Scripture Observation:*

3. Read [Matthew 6:24-34](#).
  - What questions does Jesus ask?
  - Why do you think he asks these questions?
  - For further study of this passage, watch this [2-minute video from the Bible Project](#).

#### *Scripture Interpretation/Discussion:*

4. What do Jesus's questions from the passage reveal about His desires for us?
5. At Sun Valley, we often say, "The problem is not that we don't love God enough. Our problem is that we don't realize how much God loves us." How does understanding God's love for us help us overcome worry?

#### *Personal Application:*

6. This past weekend, Robert reminded us that regularly spending time with Jesus is a key to helping us overcome worry.

- When in your life have you experienced this to be true?
  - Do you have a daily time with Jesus? What does it look like?
  - How do you feel after spending time with Him?
7. Is there any area of your life where you know you are not putting Jesus first? Are there any steps you sense the Holy Spirit prompting you to take?

Prayer (5 minutes)

*"Father, help us to grasp how deeply You love us. Free us from the lie that we're in control. Teach us to surrender our lives to You, spend daily time with You, and put You first in everything. Replace our worry with trust."*

For Further Exploration

- [5-Day Bible Reading Plan through Acts 4](#)
- Check out the Daily Reading Plan in the Sun Valley app for daily Scripture reading and reflection questions based on what you are discussing in group
- ["What Does Jesus Say about Anxiety?"](#) (1-hour podcast)