

DO NOT WORRY

September 19, 21 | Luke 12:22-32 | Pastor Michael Foster

- Do not worry
 - Because life is more (vv. 22-23)
 - Because your Father knows (vv. 24-25, 27-30)
 - Because it doesn't work (vv. 25-26)
- Seek His kingdom
 - Because God will take care of the rest (v. 31)
 - Because your Father loves giving it (v. 32)
 - Because it will last forever (v. 33)
 - Because your heart follows your investment (v. 34)

FOR FURTHER REFLECTION

- Meditate on Luke 12:22-233, Philippians 4:4-8, 1 Peter 5:7, Ecclesiastes 12:13-14
- Read more verses dealing with worry and anxiety - www.biblestudytools.com/topical-verses/worry-and-anxiety-bible-verses/
- Read "What is the meaning of life?" - www.desiringgod.org/interviews/what-is-the-meaning-of-life
- Watch "Fear Not" by Priscilla Shirer - www.youtube.com/watch?v=FeLoU9rbZXc&t=500s
- Listen to "Run to the Father" - www.youtube.com/watch?v=HcpelDp0Foo

- Listen to "Promises" - www.youtube.com/watch?v=q5m09rqOoxE
- Read *When I am Afraid* by Ed Welch
- Read *The Treasure Principle* by Randy Alcorn

GROUP DISCUSSION QUESTIONS

1. What stood out to you most from the message?
2. Do you have a favorite spot in nature? Somewhere you can go and be reminded of the Lord's presence and goodness? Share about it. Why can observing nature bring such peace to our hearts?
3. Describe a time when you have felt out of control, and when you have tried to regain control.
4. We've talked about how the disciples might have been feeling by this point in Jesus' ministry. In your own words, explain how they might be feeling. What questions might they be asking? What worries might they be experiencing? Can you relate at all?
5. Read Philippians 4:4-9. What principles do you see in this passage that can help us deal with worry?
6. Spend some time reading Romans 8:18-39. What promises in this passage can speak to our hearts about worry?
7. Describe a time when God gave you peace in the midst of worry or anxiety. How did the Lord do this? What did it look like for you to receive that peace?
8. Read Luke 12:31-34. In your own words, what does it mean to seek His kingdom?
9. What might it look like today for a person to "seek His kingdom"? What are some practical things that such a person might think, say, or do?
10. How might you encourage someone who comes to you and says, "I just can't stop worrying about something. I can't sleep at night. I can't focus on anything."