

TIED UP IN NOTES

WEEK 1 | LIFE GROUP DISCUSSION QUESTIONS

CONNECT

- Growing up, did you ever break one of your parents' rules? Share a story (unless you're in the same Life Group as one of your parents).

CONSIDER

- What encouraged or challenged you from the sermon and/or daily devotions this week?

CHRIST

- Sometimes, worry is only talked about in a negative way. But, worry can sometimes be a good thing. Proverbs 22:3 (MSG) says, "*A prudent person sees trouble coming and ducks; a simpleton walks in blindly and is clobbered.*" **Have you experienced times when worry has been a good thing for you? If so, explain?**
- Worry is something we all do, and think that we shouldn't. The danger is when it shifts from a proactive concern (Proverbs 22:3) to unhealthy anxiety. **Using the list below, what are you prone to worry about? Are there any signs for you that you've moved from proactive concern to unhealthy anxiety?**
 - Family concerns
 - Job situation
 - Financial challenges
 - Health issues
 - Sudden tragedy (violence, accidents, natural disasters, etc.)
 - Spiritual issues (for yourself and others)
 - Relationship problems
 - Self-worth
 - Issues from your past
 - Other:

Read Mathew 6:25-34 as a group.

- Looking back on your answers to the areas you are prone to worry about, what encouragement do you find in Matthew 6:25-34?

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- We all know the truths found in these words of Jesus, but we still wrestle with worry. **Why is worry such a problem for so many people? What are some of the costs of spending your time and energy living in worry?**
- We will all face worrying situations, if we aren't already facing some right now. **When you face a worrying situation, do you tend to take action or be more passive? What are some advantages and disadvantages to the way you respond to worry?**
- In v. 30, Jesus uses a challenging phrase, "you of little faith". Shortly after that, he reminds us that God knows our needs (v. 32). **What is the relationship between your worry and your faith? What resonates within you over the truth that God knows what you need?**
- Worry keeps you from appreciating what you have (v. 34). If we stay so focused on tomorrow, we will never be present in today. **Have you ever been so focused on something else that you missed God working in the moment? What has God done in your life within the last 24 hours?**
- 1 Peter 5:7 says, "Cast all your anxiety on him because he cares for you." **What are the worries or anxieties weighing on you? As a group how can we support and pray for you?**

CALLING

- You know your worries and God knows your worries, but are you talking to Him about them. This week, live out 1 Peter 5:7. When worry arrives, stop and pray. It doesn't matter if it's a long or short prayer, it's about seeking God's Kingdom first. Invest into this habit of dialoguing with God.
- **Daily Devotions:** Spend 15 minutes each day with Northside devotions. Text JOINGOD to 81411 or use the Study tab in Northside's App for Daily Devotions.
- **Memorize:** "*But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.*" - **Matthew 6:33-34**
- **Further Study:** *Anxious for Nothing* by Max Lucado