

LIFE GROUP

DISCUSSION QUESTIONS

God's Antidote to Worry April 14, 2024

Summary

In this sermon, Pastor Kyle explores the theme of stress and worry in our lives using Psalm 23. Drawing insights from the biblical story of Joseph, he encourages us to shift our focus from worrying about "what if" scenarios to trusting in what is true about God's character and provision. Trusting God as our shepherd quiets our worried minds.

Scripture

The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name's sake. Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever. Psalm 23:1-6 (NIV)

Hear us, Shepherd of Israel,
you who lead Joseph like a flock.
Psalm 80:1 (NIV)

"Son of man, prophesy against the shepherds of Israel; prophesy and say to them: 'This is what the Sovereign LORD says: Woe to you shepherds of Israel who only take care of yourselves! Should not shepherds take care of the flock? You eat the curds, clothe yourselves with the wool and slaughter the choice animals, but you do not take care of the flock. You have not strengthened the weak or healed the sick or bound up the injured. You have not brought back the strays or searched for the lost. You have ruled them harshly and brutally. So they were scattered because there was no shepherd, and when they were scattered they became food for all the wild animals. My sheep wandered over all the mountains and on every high hill. They were scattered over the whole earth, and no one searched or looked for them. Ezekiel 34:2-6 (NIV)

"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Matthew 6:25-26 (NIV)

"I am the good shepherd; I know my sheep and my sheep know me..." John 10:14 (NIV)

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Let's Start

On a scale from 1 to 10, when you're on vacation, how good are you at letting go of worries and embracing relaxation? And what's your secret if you're a 10?

Gratitude and Prayer

How has God worked in your life since we were together?

Let's Talk

1. How do you typically respond to stress and worry in your life? Do you find it easy or challenging to trust God in those moments?
2. Pastor Kyle gave two ways to help us with "What if" questions:
 - Focus on what **is**, not what **if**.
 - Turn your worry list into a prayer list.Have you tried these approaches before? If so, what was your experience? If not, could it be helpful for you?
3. Why is Jesus' sacrifice on the cross important when we're stressed? How does it help us trust God?
4. Can you share a time when you experienced God's peace or provision to help you through a challenging situation? How did it affect your faith?

Let's Act

What worries can you foresee this week? How can you proactively deal with them?

In last week's sermon, Pastor Dale referred to his daughter Bethany's podcast, *Overcomers with a Cup of Tea*. In this podcast, she addresses how to help our children and adolescents manage difficulties that often lead to stress, worries and anxiety.

If you'd like to get some very helpful and practical skills for dealing with your child or student, view the podcast using the links:

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