

# WORRY WARTS

23ANDME: PERSONAL PEACE IN AN AGE OF ANXIETY

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## START TALKING. WITH AN ICEBREAKER QUESTION:

- Show a wart you have on your body. JK! What candy do you enjoy that many people dislike?

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## START THINKING. ASK QUESTIONS THAT WILL GET YOUR GROUP THINKING.

- Brainstorm: Set a timer for 60 seconds. List things that people worry about. Keep count. Can your group get to 30?
- Read the scriptures on the next pages in preparation for the following conversation. Consider reading Psalm 23 together, aloud.

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## START SHARING. CHOOSE THE QUESTIONS THAT WILL CREATE OPENNESS.

- What is your favorite verse out of the 23<sup>rd</sup> Psalm? Why?
- Do you think other cultures worry more or less than ours? Why or why not?
- Talk about the tension between anxiety that cannot be resolved vs anxiety that debilitates people. How do you tell the difference?
- Worry is the main cause of anxiety. How does our culture lead us to even more worrying?
- As you've allowed Jesus more Lordship, how has this helped move you from anxiety/worry to peace?
- You can have control, or peace but not both. How does this struggle play out in your life? Can you share a time you tried to have both? How did that turn out?
- Describe the difference between worrying and praying. How is prayer not just worrying in God's direction?
- What is an anxiety/worry you've successfully been able to cast back to Jesus and let Him carry?
- If you haven't yet, read Matt 6:25-34. What does Jesus think about worry?

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## START PRAYING. BE BOLD, AND PRAY WITH POWER.

- Father, when I worry, I am placing my faith away from you and into circumstances. Forgive me. Build trust and confidence in my heart and mind that You will take care of me. Amen.

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## START DOING. COMMIT TO A STEP AND LIVE IT OUT THIS WEEK.

- Read Psalm 23 every day for the next week. Aloud.

### **Psalm 23:1-6 (NIV)**

<sup>1</sup> The LORD is my shepherd, I shall not be in want.

<sup>2</sup> He makes me lie down in green pastures, he leads me beside quiet waters,

<sup>3</sup> he restores my soul. He guides me in paths of righteousness for his name's sake.

<sup>4</sup> Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

<sup>5</sup> You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows.

<sup>6</sup> Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.

### **John 10:14 (NIV)**

<sup>14</sup> "I am the good shepherd; I know my sheep and my sheep know me--

### **John 10:27 (NIV)**

<sup>27</sup> My sheep listen to my voice; I know them, and they follow me.

### **Philippians 4:6 (NIV)**

<sup>6</sup> Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.

### **1 Peter 5:7 (NIV)**

<sup>7</sup> Cast all your anxiety on him because he cares for you.

### **Matthew 6:25-34 (NIV)**

<sup>25</sup> "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 important than food, and the body more important than clothes?"

<sup>26</sup> 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?"

<sup>27</sup> Who of you by worrying can add a single hour to his life?"

<sup>28</sup> "And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin.

<sup>29</sup> Yet I tell you that not even Solomon in all his splendor was dressed like one of these.

<sup>30</sup> If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith?"

<sup>31</sup> So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'

<sup>32</sup> For the pagans run after all these things, and your heavenly Father knows that you need them.

<sup>33</sup> But seek first his kingdom and his righteousness, and all these things will be given to you as well.

<sup>34</sup> Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.