

# GoDeeper



CONTINUE THE CONVERSATION WITH YOUR SMALL GROUP, FAMILY, OR IN YOUR PERSONAL BIBLE STUDY TIME.

How Big Is Your Worry | Pastor Lance Courtney | 11.15.2020  
Replay message at: <http://www.northpointeFL.org/messages>

This morning Pastor Lance spoke about worry and how it can consume our lives-- even if we don't realize that it is. He gave us many examples of things that may worry us: Weight, Aging, Finances, Energy levels, Debt, Job Security, Household (homeowners) stress, Health, Relationships, and more.

- What are you worried about right now?
- How big is your worry?
- What kind of things do you typically worry about?

Pastor Lance spoke about the effects worry can have on our health and in our daily lives.

- Have you noticed any of the effects of worry?
- If you don't currently--have you ever felt the effects of worrying?

Pastor Lance showed us a study showing people spend about 14 hours a week--or about 5 years of their life--worrying.

- How much time do you think you spend worrying a week, or day?
- What "worry" consumes your time? What worries do you think will wake up most of your 5 years of worry?

**Matthew 6:25-34** "25 That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing? 26 Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are? 27 Can all your worries add a single moment to your life? 28 "And why worry about your clothing? Look at the lilies of the field and how they grow. They don't work or make their clothing, 29 yet Solomon in all his glory was not dressed as beautifully as they are. 30 And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith? 31 "So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?' 32 These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. 33 Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. 34 "So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today."

- What does this passage say about worrying?

Pastor Lance reminded us we are focused on our problems and worry about the things in the here and now and God is looking at the whole picture. We need to lean into God during these times instead of focusing on our worry and us solving the problems.

**Proverbs 3:5-6** "5 Trust in the Lord with all your heart; do not depend on your own understanding. 6 Seek his will in all you do, and he will show you which path to take."

**Philippians 4:6-7** "6 Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. 7 Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."

These verses remind us that worrying is not God's will for our lives. He wants us to lean into Him and wants to give us Peace. This morning, Pastor Lance gave us the illustration of worry and God in boxes. Sometimes, we seem to put our worry into a bigger box than we give God.

- Do you feel like your worry is bigger than God in your life?
- Do you let God be bigger than your worries?
- If not, how can you (we) change that?

**1 Peter 5:6-7** "6 So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor. 7 Give all your worries and cares to God, for he cares about you."