

MIXED EMOJIS



Week 2 – Sparrows Hit Windows

BRBC Groups

February 9, 2020

Scripture

Matthew 6:25-34, Philippians 4:6-7, 1 Peter 5:6-9

Ice Breaker

1. Do you have a favourite animal? If so, what makes it your favourite?

Going Deeper

1. What is something you find yourself worrying about often?
2. What do you do when you start to worry?
3. Read Matthew 6:25-34.
4. The context just before this passage is that Jesus has been teaching about money. Do you think money is something many people worry about? Why do you think that is?
5. What are the two things in this passage that Jesus says you shouldn't worry about? What examples does he use to support his point?
6. Jesus makes the statement that worrying can not add a single hour to our life. Truthfully, excessive worrying can shorten our life. If this is true (and it is), why do you think we worry so much?
7. On Sunday, Rob said that one of the reasons many of us struggle with anxiety is that we are trying to control our lives, and that is a burden we were never meant to carry. Do you think that's true? If it is how can we loosen our grip on needing to be in control?
8. What does Jesus invite us to focus on instead of our needs? Why might this make a difference in our struggle with anxiety and worry?
9. Read Philippians 4:6-7.
10. Paul wrote his letter to the church in Philippi while he was in prison being persecuted for sharing Jesus. What do you think the church in Philippi would have been worrying about at this time?
11. What does Paul tell them to do regarding worry?
12. What can we learn from this passage about how we approach our own worries?
13. On Sunday, Rob said that "anxiety is a gauge telling you to connect with your guide". What does seeing anxiety as a gauge mean to you? What would your gauge look like right now regarding anxiety and worry?
14. God's presence brings peace. Spend some time sharing some of your worries, and praying for each other.

