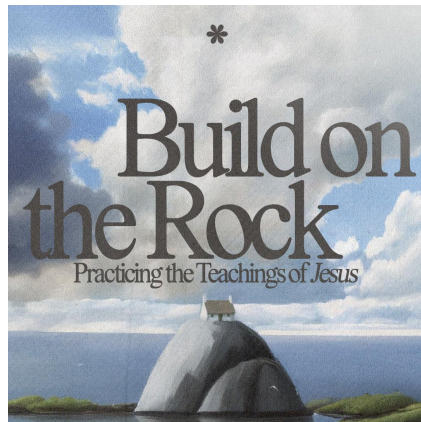




Build on the Rock - Dave Bartlett

Icebreaker:

1. What is the best topping for ice cream?
2. What color best describes your personality today?

Summary:

Worry is an epidemic in our world and our church. Jesus invites us to not worry but instead to seek his kingdom by trusting and surrendering to our Heavenly Father. Most of us need regular strategies and practices to accomplish this to prepare for coming storms which always magnify the potential trap of worry.

Engage the Bible:

- Matthew 7: 24-27
- Matthew 6: 25-34

Small Group Questions:

- What do you find yourself worrying about lately?
- On a scale of 1-10 how significant of a problem is worry for you and when do you most often get trapped into worrying?
- What strategies to decrease worry have you tried that have not worked for you?
- What strategies are currently helping you with worry?
- How does surrendering and trusting God help you with worry?
- What part of Matthew 6: 25-34 speaks most clearly to you?