



## **Winning Over Worry**

**Ice Breaker:** What is something that you worry about often? This can be funny or serious.

**Read:** Matthew 6:25-34

### **Worry is needless.**

Pastor David reminded us to look to the birds and to flowers.

- When you watch a bird, what are your thoughts?
- Think about the question that Pastor Cook asked: Have you ever seen a bird shaking with anxiety that they won't find enough worms? If you have, please share that story!
- Consider the flowers. What emotions do you feel when you see a beautiful flower bed, or a lone wildflower? Now think about how much more valuable you are to God.

### **Worry is senseless.**

- How much time have you added to your own life by worrying?
- Conversely, how much time have you wasted by worrying? (Try to put an approximate number of hours just for fun!)

### **Worry is useless.**

- Let this sink in: God takes care of the lower orders of Creation.
- YOU are made in HIS Image! How much MORE will He care about your well being?

### **Worry is faithless.**

Jesus tells us to seek FIRST His Kingdom and all these things will be added to you as well.

- What is one way that you can put God's Kingdom first? Give an actual example from your day-to-day life.

*Additional Scriptures: Psalm 55:22, Proverbs 16:3, Jeremiah 17:7-8*

Pastor Cook wanted everyone to have a copy of this declaration. Take time to say it as a group. Take it home and declare it in your life when you need encouragement!

## **Declaration:**

I'm too blessed to be stressed  
Too anointed to be disappointed.

I refuse to be discouraged,  
to be sad or to cry.

I refuse to be downhearted  
and here is the reason why:

I have a God who loves me,  
and I am on His team.

He is all wise and powerful;  
Jesus is His name.

Though everything else is changeable,  
my God remains the same.

I refuse to be beaten or defeated.

My eyes are on my God.

He has promised to be with me,  
as through this life I trod.

I am looking past my circumstances  
to heaven's throne above.

My prayers have reached the heart of God  
and I am resting in His love.

I give thanks to Him in everything.

My eyes are on His face.

The battle is His, the victory is mine.

He will help me win the race.

I repeat! I'm too blessed to be stressed.

*Author Unknown*