

## He Promises

Finding Freedom From Your Worries



### Message Summary

Jesus promises us that we don't have to worry. How is that even possible? Because God loves us and cares about the details of our lives. Through Him, we can find freedom from our worries.

### Key Scripture(s)

*"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 than food, and the body more than clothes? 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?"* Matthew 6:25-26 NIV

*The LORD is close to all who call on him, yes, to all who call on him in truth.* Psalm 145:18 NLT

### Additional Scriptures

- Matthew 6:33 NIV
- 2 Timothy 1:7 NKJV
- Matthew 6:34 NLT

### Start Talking

*Find a conversation starter for your group.*

- What are some differences between worry and concern?

### Start Thinking

*Ask a question to get your group thinking.*

- Which part of this message was most impactful for you and why?
- Read **Matthew 6:25-26**. How do these verses influence the way you view worry? What do you think about God caring about the details of your life?

### Start Sharing

*Choose a question to create openness.*

- Talk about a time when you were worried about a situation. How did God show His faithfulness? How could that experience help you remember His faithfulness today?
- Share about an area of your life where you tend to worry. Talk about how you could respond well when faced with that worry. Then share how you could surrender the rest to God.

### Start Praying

*Father, thank You for the great love You have for each of us. You care about the big and small details of our lives, and we praise You for that. Help us cast our worries on You, knowing that You're in control and we're not. In Jesus' name, amen.*

### Start Doing

- Take time this week to share any worries you have with God, knowing that He is kind and trustworthy.
- Start the *Where Is God When Life Is Hard?* Bible Plan using Plans With Friends: [www.go2.lc/promise](http://www.go2.lc/promise)
- Consider how you could love others by serving on the weekend or with a Local Mission Partner.