Defeating Worry
October 12, 2012

I. WELCOME, 15 mins.
Plan one to two icebreakers for the purpose of mixing around and getting group participation or getting acquainted.

II. WORSHIP, 20 mins.
Prayerfully choose a few songs to lead people into God’s presence. During this time, cell leaders will encourage cell members to listen to the Holy Spirit and release the words of strengthening, encouragement, and comfort they have received for the cell group, the church and nations. Upon each word shared, the cell leader will lead members by thanking and praising God for His promise and/or praying aloud together for the needs, etc.

During this time, the cell leader will also lead the group to pray aloud for: (1) the mission organization or daughter church that the cell group adopts (2) the church ministry needs (3) blessings for new comers, the sick.

MISSION ORGANIZATION:______________, their needs:______________
(Please contact the church if you don’t know the needs of the mission organization.)

CHURCH MINISTRY:
1. Equipping Class: Beginning in Christ - room E4, @ 1:45pm every Sunday
2. Leadership Training: 10/10-12 @ Redding, Open Heaven Conference
3. Mission Conference: 10/19-21 @ 7:30pm, Cindy Jacob
4. Ministry Coworker Recruiting Day: 11/4, please pray that people will join to serve and grow through serving
5. Presidential Election: 11/6, please pray for America and the election. Pray that God will transform the church with the renewed minds and the church will become a true prophetic voice for the nation.
6. Christmas Party: 12/17 (Sat), please pray that new friends will come to the party and cell groups will have a successful outreach through celebrating the birth of Jesus.

III. WORD, 45 mins.
A. Sharing from last Sunday’s message.
1. What is the main message from last Sunday sermon? What did God say to you from the message?
2. How would you respond to the message? What action will you take after listening to the message?

B. Discussion Topic: “Defeating Worry”
Memory Verse: But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.
(Matthew 6:33-34)

25 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?... 32 For the pagans run after all these things, and your heavenly Father knows that you need them.

Matthew 6:25,32

Top Three Causes of Worry
1. Personal Needs
25 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?... 32 For the pagans run after all these things, and your heavenly Father knows that you need them.

Matthew 6:25,32

- Jesus exhorted His followers not to worry about their personal needs, what they would eat or drink.

Questions
- Do you ever worry about your needs being met?
- Which personal need cause you the most worry?

- Referring to birds, Jesus asked whether we are more valuable than they.

Questions
- How valuable are we?
- What determines our value?
- What does our value have to do with God’s provision and worry?

2. Personal Appearance

28 And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. 29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 30 If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith

Matthew 6:28-30

- Jesus said not to worry about our body and our clothes.

Question
- In what ways do people worry about their bodies?
- Why do people worry about their bodies?
- Why do people worry so much about their clothes and appearance?
- Why is it wrong to worry about clothes and appearance?

3. Future

34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Matthew 6:34

- Finally, Jesus said not to worry about tomorrow.

Question
- Why are people today so worried about the future?

How to Wipe Out Worry

1. Prayer

6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

Philippians 4:6

- What does it mean to be anxious about something?
- When was the last time you were anxious about something?
- How does prayer defeat anxiety and worry?

2. Priorities

33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Matthew 6:33-34

Question
- What does are some practical ways we can seek God’s kingdom?
- How do proper priorities help us defeat worry?

Personal Application

Questions

1. What area of your life is the biggest cause of worry? Why?
2. What are your top five priorities?
3. Do you tend to guard your priorities or do they consistently get out of order?