

(NEW) NORMAL

Big Idea

Pastor Curt – Part 2

Why do we worry? Going through the current crisis like COVID-19 takes a toll on people's emotional health, causing us to fear and feel like we are being paralyzed. God wants us to be free from worry. This message from the New Normal series helps us to become healthy emotionally.

Jesus talked about worry in His first public teaching, so He knew that we are prone to worry. Based on His teaching in Matthew 6, Pastor Curt explains why worry is **unreasonable, unnatural, unhelpful, and unnecessary**. Then he explains how to overcome worry, how to give the worry we carry to God, by refocusing our thoughts, refocusing our energy, and refocusing our life.

If you follow God's instructions from this message then Pastor Curt's prayer is that: You will have a shift and there will be a new normal - you will leverage the opportunities in your life, you love the vulnerable and hurting, bring healing to those who are hurt, rescue the lost, so that our collective efforts of our working and serving and generosity and giving, that all of this together is making an eternal impact. I promise you that if you live your life that way, if you take that kind of journey with us, you won't wrestle with fear or anxiety, because you're living the life that God designed for you to live and that's a kingdom focused life.

Discussion Questions

- Do you worry? What do you worry about?
- Why do you worry - what do you hope to accomplish by worrying?
- What happens to you when you worry?
- Jesus knew we would worry so He discussed worry in His first public teaching. Read Matthew 6:25-30. What illustrations did Jesus use to help us understand the down side of worry?
- Jesus continued teaching on how to be free from worry. Read Matthew 6:31-34. Pastor Curt said the answer is refocusing our thoughts, refocusing our energy, and refocusing our life. How can we do these?

Prayer Focus

Pray for increased dependency on God and allow Him to carry the weight of your Worry, your past and pains.

Next Steps

This week, write down your worries as they happen, what they are about, and what you're going to do about them. Assess them by asking if the worries are helpful? Read or listen to Matthew 6:25-34 daily and let the healing of God's word wash away your worry!

Leader Tip

Our self-dependency is often what leads to us feeling weighed down and anxious. Confess your "worries" to someone else in the group who can pray for you this week.