



# MESSAGE SERIES GUIDE

## TIMBERLAKE CHURCH

May 8, 2022 | Pastor Ben Sigman

### Surprisingly Simple Secrets to a Better Life *Don't Let Worry Ruin It*

**FOR LEADER** In preparation for group discussion, take a few minutes to read through the scriptures and discussion questions. The most recent message is available online at [www.timberlakechurch.com/messages](http://www.timberlakechurch.com/messages) for further study

#### ICEBREAKER

If you had to choose one superpower, what would it be? Why?

#### DISCUSSION QUESTIONS

Pastor Ben continued in the teaching series “Surprisingly Simple Secrets to a Better Life” and spoke on the topic of worry. It was also Mother’s Day at Timberlake and we had an amazing time celebrating all moms in our church.

*John 16:33 - In this world you will have trouble.*

Pastor Ben shared the Bible teaches that we will experience “trouble” in our life, but as people of faith, it’s possible to live with incredible joy in the midst of it all.

Would you describe yourself as someone who “worries”? Why or why not?

If you believe in God and have faith, is it wrong to worry? Why do you think this?

Pastor Ben explained why our worry is a bigger deal than we actually think. It profoundly affects us in our lives in four ways:

1. It limits Life Giving Relationships
2. It obscures Rational Thinking.
3. It impedes Productive Living.

#### NEXT STEP

What is one practical step you can take today towards placing trust in God and worrying less? Or, what is one small thing you can do to move in that direction?

4. It slows Spiritual Progress.

Which of these do you resonate with? What are some examples of where you’ve seen this in your life?

*1 Peter 5:6-7 - Humble yourselves, therefore, under God’s might hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.*

Pastor Ben shared five ways on how to keep worry from killing your joy:

1. Stop feeding your stressors
2. Think big, not small
3. Live the faith you say you have
4. Develop a bias towards action
5. Enjoy today

Which of these are things you can apply to your life right now? Which are easy for you to embrace? Which are more challenging?

How can your group help you as you live and address worry in your life?



# GOING DEEPER

## FOR LEADER

These questions are designed to help your group go deeper into the topic or conversation. Feel free to use them as written or as springboards towards other areas of discussion.

### QUESTION 1

Read Matthew 6:26-27

What are your thoughts on the questions Jesus asks in this passage? Do you believe you are valuable to God? Why or why not?

Do you think worrying adds value or time to your life? Why or why not? If not, then why do you think we worry so much?

### QUESTION 2

Matthew 6:33 says, “But seek first His kingdom and His righteousness, and all these things will be given to you as well.” What do you think this verse means? What are some of the things we chase after instead of God’s kingdom? How can you prioritize God first in your life?

Have you seen this or experienced it in your life? If so, when was it and how so?

### QUESTION 3

Matthew 6:34 says, “Therefore, do not worry about tomorrow, for tomorrow will worry about itself.” Do you think it’s possible to live without worry? Why do you think this verse speaks about worry about the future and not about the past? Is there a difference between the two?