



# OUT OF CONTROL

## WORRY

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August 30-31, 2014

- Open in prayer.
- Remember: We have a great coach and a great game plan so we can be great in an “out of control” hostile world. Worry is a weapon of mass distraction.
- Discuss: Have you ever had an opportunity in life sabotaged by acts of worry? Have you ever had a relationship destroyed by worry?

### HOW DO YOU AVOID WORRY, WHEN THE WORLD IS OUT OF CONTROL?

- **Praise more.** (Read Philippians 4:4-5)
  - The moment we place our joy in anything, anyone other than Jesus, worry begins to erode our soul when we worship created things instead of the uncreated creator.
    - What are you most afraid of losing?
    - Has worry caused something else in your life to become your functional savior?
  - Praise pushes back worry.
    - When was the last time that you were absolutely overwhelmed by the presence of Jesus?
    - Overwhelmed by the thought of His grace and mercy?
- **Pray more.** (Read Philippians 4:6)
  - Tell God what you need...not what you greed.
  - The more you pray, the less you worry.
  - If you took a look at the past 48 hours, have they been spent with worry or prayer?
  - All of life is worship. God wants to be in constant relationship with us. Prayer shouldn't be the last resort, it should be the rhythm of life for us like breathing.
  - How does this change the way we deal with challenges and blessings in life?
  - Our prayers must be Christ-centered, praying for His will for our lives and thanking Him for all He's done.
  - How much time do you spend thanking God for what He's done in your life?
- **Praise God for His:**
  - **Peace** (Read Philippians 4:7)
    - Peace isn't a location or a destination...Peace is a Person...Jesus Himself.
    - Peace is knowing that God is in control, good, and loving...that God is more concerned about our character than our comfort. He is building the character of Christ in us.
    - When was the last time you prayed and asked God to make you more like Jesus?
  - When we pray for God's kingdom to be on earth as it is in heaven we're praying for Jesus to live in and through us.
  - Stop and pray for God's kingdom to be on earth as it is in heaven and that it occurs through the members of your group.

**Power** (Read Philippians 4:11-13)

- Learn to be content.
- When we're not content, we worry and then we lack power.
- Are you content? If not, what's keeping you from being content?
- What did Paul say was the secret for living?

**Provision** (Read Philippians 4:15-17; 19-20)

- The harder we hold on to money, the more we worry.
- Wherever your local church is, that's where you give to proclaim the name of Jesus...that's an act of kindness.

- Read and discuss our value of Generosity
  - *We are committed, by the Spirit's enabling power, to financial generosity. We cannot outgive our God; therefore, we will teach and live biblical financial stewardship. One day we hope to give away 30% of our income.*
  - How does this value translate into your everyday life?
- Read Philippians 4:19-20
  - The greater and the more intimate we are with God and His glory, the more freedom we have in our generosity.
  - If you're a Christian and you're stuck at 10%...take a leap of faith and give in a way that you live out Philippians 4:19-20.
  - Perhaps God is trying to raise your standard of giving more than your standard of living.
  - How does this scripture challenge you in your financial stewardship and generosity?
- **Practice more.** (Read Philippians 4:8-9)
  - The scene of the crime is your mind...that's why Paul says "*fix your mind on what is true, honorable, right, pure, lovely, and admirable*".
  - Move from worry to worship!
  - Walking by faith isn't passive, it's active. It's about living an upward, inward, outward life.
  - Have you ever worried yourself out of your destiny?
  - How does living an upward, inward, outward life lead us towards practicing praise and power in our lives, therefore pushing back worry?

**Soul-tattoo:** Practice praising and praying.

**CALENDAR**

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