

# GROWING IN FAITH



## Matthew 6:27

And can any of you by worrying add a single hour to your span of life?

For More Information Contact:  
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## STARTING OUT

Begin with a prayer. You can offer your own prayer or use the one below. Holy Spirit, we are grateful that You have called us to this place. Help us use this time to grow closer to You and to each other that we might learn to live in a spirit of courage rather than fear.

Open by asking everyone to share their greatest fears. These could be serious or humorous. Leaders should be prepared to offer their fear first to get conversation started.

Read the scripture verse for the day - Matthew 6:25-34.

## PLAY THE VIDEO

## GOING DEEPER

Worry and anxiety tend to come from a place of fear about what *might* happen. Can you think of a time in your life that you were worried about something that might happen and it never came to fruition?

What might have been a better use of your energy than worrying in that moment?

Jesus doesn't say we should not ever have any worries in our life. He is simply calling into question the things that we tend to worry about as humans.

What kind of things should we worry about?

How can we use our worry for good rather than allowing the fear to paralyze us and hold us captive?

Living out of fear and anxiety are not just individual problems that we face, but also societal problems that can affect an entire community or nation.

Can you think of a time that your community or nation lived out of fear and anxiety?

How does that affect the decisions that a community makes?

Does making decisions based on fear and worry tend to lead to a more loving society or a more separated society?

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## GOING DEEPER

Josh mentioned in the video that a survey showed people said money was the number one thing they needed in order to feel like they “made it” and would not have to worry any more.

Were you surprised by this answer? Why or why not?

Were you surprised to learn that people answered this question the same way no matter how much money they were currently making? Why or why not?

What does this tell us about where we tend to place our trust and security?

Jesus gave two ideas for how to live with less worry and fear. First, remember how God takes care of creation. Second, focus on God’s Kingdom and righteousness.

How can these two things help us live with less fear and worry?

Does trusting that God will take care of us mean we don’t have to work hard?

How can we balance trusting God to take care of us with a commitment to still working hard?

Josh defined righteousness as “doing the right thing, at the right time, at the right place, for the right reasons”. How would you evaluate our society at living out righteousness by that definition?

“For all who are led by the Spirit of God are children of God. For you did not receive a spirit of slavery to fall back into fear, but you have received a spirit of adoption. When we cry, “Abba! Father!” it is that very Spirit bearing witness with our spirit that we are children of God, and if children, then heirs, heirs of God and joint heirs with Christ—if, in fact, we suffer with him so that we may also be glorified with him.” - Romans 8:14-17

## Closing

Take time to lift up joys and concerns in your group before closing in prayer.

You can offer your own prayer or use the one below.

Almighty God, You have adopted us as Your children and have promised to care for us. Help us to place our trust in You and make Your Kingdom our number one priority. Send us out to be a light in the darkness bringing hope wherever we go. Amen.