

Week 3: “Can Any Of You By Worrying Add A Single Hour To Your Span Of Life?”

Big Idea: Worry is fruitless and unnecessary for Jesus’ followers.

Connect with God and each other. (1/3 of meeting)

- Icebreaker: Ketchup on the side or the top of fries?
- How have you seen God at work this week? OR What’s something you’re thankful for?
- Pray for one another’s needs, whether it’s physical, emotional, relational or spiritual. Take turns sharing a need, then someone else prays a short, honest prayer for them.

Discover what God is saying to you. (1/3 of meeting)

Read [Luke 12:22-34](#)

- What speaks to you from this passage?
- What do you think it means that “your Father has been pleased to give you the kingdom”?
- What would those who know you best say you treasure? How does that play into worry?
- Why is it important to avoid “praying it away” or being dismissive when you or someone you know are struggling?
- Share what helps you to break a cycle of worry when you find yourself ruminating.

Go do it! (1/3 of meeting)

- What are you going to do differently the next time you fall into a cycle of worry? Make an “I will” statement.
- What is an area of concern that you need to lay at Jesus’ feet today? Take time to pray for each person as they share.