

**HOSTAGE
FREED FROM WORRY**

The BIG Idea Team, Individual and Family Study Guide

Please take time to run through this study guide with your team, on your own, or with your family so that you can further apply and process the BIG Idea.

Big Idea:

Trusting God with worry in our lives acknowledges that He is all-powerful.

Key Verse:

Read Philippians 4:6-7 (The Message)

Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life.

The Scoop:

It is very difficult not to worry since we like to be in control and in our world there are so many things to worry about: job, family, money, health, world issues, etc. Sometimes when there is nothing to worry about, we worry about what we might be missing by not worrying. This cycle of worry holds us hostage and shifts our focus on us and away from God.

1. How would you explain the difference between “concern” and “worry”?
2. What other indications of worry do you see in your life? (i.e. Irritability and impatience)
3. How does worry affect your relationship with God?

What's Next? (take home/further processing/application)

What is one specific worry that you can get off your mind by praying consistently throughout the week. In order to track your progress and see how your worries are either forgotten or addressed and how your prayers are answered, keep a journal and look back at the end of each week to see what has changed.