

THE STORM BEFORE THE CALM
Week 2: “Do Not Worry”
April 26th, 2020

OPENING PRAYER

Have someone in the group invite God’s Holy Spirit into our presence. Pray for your encounter with God’s Word. Ask God to open your heart and mind to some new understanding and especially to a new way of life.

SMALL GROUP GUIDELINES

- | | | |
|------------------|----------------|--------------------------------|
| ~Safe Group | ~Silence | ~Sharing |
| ~Confidentiality | ~No Cross Talk | ~Self-Aware |
| ~Listen | ~No Fixing | ~”I” Statements |
| ~Pause | ~No Rescuing | ~Handle Conflict
Biblically |

“GETTING TO KNOW YOU”

Go around the room and briefly share your answer to the following question:

What has been your favorite quarantined meal so far?

INTRODUCTION

Week 2 of our series ***The Calm before the Storm: Lessons on Survival from a Leader Who Lives*** takes us to the words of Jesus found in Matthew 6:25-34. Jesus addresses a human condition that we all wrestle with and that is worry. His encouragement and the title of our study this week is ***“Do Not Worry.”***

As our story is being shared, consider how you are dealing with worry, especially in our current context.

Bible Storytelling: Matthew 6:25-34

- Tell the Story: This week's story will be told by one of our group members.
- Examine the Story: Looking at Matthew 6:25-34 in your Bible, what did the storyteller add or omit in their retelling?
- Read the story: Have someone in your group read the passage of scripture as everyone else follows along in their Bible.

DISCUSSION:

Go around the room and share from your heart, remembering the group guidelines.

- **Do you struggle with worry or anxiety? Take time to let everyone in your group who would like to talk about their current concerns or struggles.**
- **In verse 25, Jesus reminds us that worrying does not add to our lives. How does worry affect you?**
- **Can you see how God provides for His world - food, clothing, and care?**
- **Do you believe God can, and will, take care of you?**
- **Did anything stand out to you or speak to you during the zoom conversation with the panel?**
- **Spend time praying for one another. Our goal is to follow the instruction of 1 Peter 5:7 - *"Cast all your anxiety on him because he cares for you."***

CLOSING PRAYER-Spend some time in prayer, pray for the season we are in, for those that may be affected, for the community, for our world. Pray for one another, for those that might be absent and for prayer requests.

****Be sure someone is selected to tell next week's story...Matthew 8:1-4***