

# theChristianatheist

I Believe in God but I Worry All the Time

WARM UP

**What is your favorite activity to do on vacation?**

SET IT UP

We're all tempted to worry, whether it's worries about our job or an upcoming test or a family member that is dying. If you allow it to, worry can begin to control your life. The goal of the Enemy is to make you worry so much about everything you don't do anything to further the kingdom of God. As believers, we should rest easy, knowing that our lives are ultimately in the hands of a loving Father.

CHAT IT UP

1. **On a scale from one to ten, how big of a worrier are you? (1 is "worry free" and 10 is "worrywart").**
2. **Why do we worry?**
3. **Read Matthew 6:25. What is your honest reaction to Jesus' words, "Do not worry"?**
4. **Read Matthew 6:27. What is Jesus' point? How does this help us reduce worry in our lives?**
5. **What is the difference between worrying and preparing for the future?**
6. **Read Matthew 6:32-33. In these verses, Jesus shows us the way out of worry. How does a change in focus help us overcome worry?**
7. **Mark said, "Worry won't solve your problems; it will only steal your joy." When have you experienced this dynamic in your life?**
8. **When have you been the most worry-free in your life? Why?**
9. **Group Exercise: Have every group member write one thing they worry about on a note card. Swap the cards and pray for each other throughout the week.**

WRAP IT UP

We can't be a Christian and an Atheist at the same time. But we can drift into an atheist lifestyle when we live like God doesn't exist. Worry won't solve your problems; it will only steal your joy.

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LEADER TIPS

- Have notecards and pens ready to complete the group exercise.