

Weeds In My Garden

Leader Guide | Week 7

Key Things You Heard

- God's goodness and God's control.
- God knows what you need and has access to an endless supply.
- Seek God's kingdom first.
- We humble ourselves by casting our worries and anxieties.
- Satan tries to get us to ignore our advantage.

Pray

Heavenly Father, some in our group may be having difficulty concentrating because of the worry and anxiety they are struggling with. Some will face worry and anxiety in the future. Help us learn to trust you and how to overcome these issues with you. In Jesus' name, amen.

Tweetable Moments

"Our anxiety and worries subside when we stand between the two pillars of God's goodness and God's control." Ashely Wooldridge

"Worry does not stop death; it stops life. Worrying does not take away tomorrow's troubles. It takes away today's peace." Unknown

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Questions for Conversation

Icebreaker: If you could listen to only one song for the rest of your life, what would it be? (For a twist, and a good laugh, don't allow Christian songs to be used.)

1. Read **Matthew 6:31-34**. What do you learn about God in this passage of scripture? What do you learn about mankind? How does the insight that these two verses provide impact what is going on in your life today? What are some ways these verses can be practically applied?
2. Read **1 Peter 5:6-7**. How do we humble ourselves before God? This passage says that after we humble ourselves under God's mighty hand, he may lift us up in due time. What is the passage's significance of "...in due time..."?
3. Jessica Ellefritz provided 3 tools for hope. Do you remember what they were? (Gratitude Journal; Invite a person and avoid traveling alone; create an action plan.) Talk about each of these and describe how they can bring hope in seasons of worry and anxiety.
4. Anxiety and worry can get us to forget who we are in Christ. Who are we in Christ?

Now Go Do It (resources and next steps)

Challenge: Take some time this week to watch this Rightnow Media presentation, Overcome Your Worries Through God's Grace. <https://app.rightnowmedia.org/en/player/video/248851?session=248851>