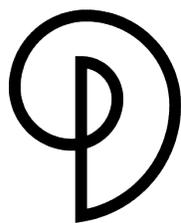


# SMALL GROUP STUDY GUIDE



**PRINCE  
OF PEACE**  
Called to Connect



**Who of you by worrying can add a single hour to his life?**

March 18 & 19, 2023

Can all your worries add a single moment to your life? Nope! But when we entrust what we cannot control to the One who loves us, we can move through uncertainty with hope and peace.

## SCRIPTURE TEXT: LUKE 12:22-31

Read the scripture text together as a group.

### BACKGROUND INFO

Today's Scripture reading comes from Jesus' Sermon on the Plain in which he describes life in the Kingdom of God: life under God's reign of love. It's so easy to hear these words from Jesus in a shaming way and come away feeling that we are bad people because we worry. But I don't think that is Jesus' intention. I think Jesus' words are meant to bless us, not shame us. Jesus loves us and wants what is best for us. Even if we worry every day for the rest of our lives, Jesus' love for us is unchanged. But worry is less than Jesus' best intentions for us.

### DISCUSSION QUESTIONS

- Share a story about a time you worried about what you would eat, drink, or wear.
- Think about birds and/or flowers for a minute. What is something that amazes you about how God created and/or cares for them?
- How does worry impact you physically? Share about a time when worry negatively impacted your physical health or wellbeing. How were you able to manage the physical symptoms of worry?
- Share about a time when worry was especially unproductive for you. What do you wish you had done instead of worrying?
- From Pastor Jeff's sermon: *Jesus isn't so much chastising us for worrying; he's urging us to trust.* What scripture passages/bible stories most help you trust God with your worries? (See Psalm 55:22, 1 Peter 5:7, and Philippians 4:6-7 for help getting started.) What past life experiences help you trust God with your future? Share about a time that casting your cares on God helped you find peace in a troubled time.

**CHALLENGE:** This week, as you bring to mind the things that worry you, pray the following prayer. Repeat as often as necessary! "God, I give to you this burden. It is heavy on my heart, and it is beyond my power to control. I entrust it into your care, and I ask you to give me the strength not to take the burden back from you. Teach me to rest in the promise of your love and care. Amen."