



DATE November 22, 2015

SPEAKER David Smith

TITLE Whatever

SERIES We all face it. In fact, holiday seasons add to it. Few actually know how to deal with it. Everyone can hardly believe that the solution is so simple because it is not intuitive. In the Bible, the response to it is ... whatever!

1. How does your body respond to worry? How have you learned to best handle worry? Pastor Smith shared that only 4% of worry are real events we can do something about. The other 96% are events that will never happen, have already happened, trivial events, or events we can't change or impact.
Read **Matthew 6:27** and **Luke 12:25**. According to these two verses what do you know worry will not do for you? How have you seen the 4% expressed in your life? The 96%?
2. Read **Philippians 4:2-9**. Worry is a tearing apart and peace is a bringing together; calm, quiet. Support Pastor's biblical opposites, Worry vs. Peace, with real-life events. Discuss the inner battle between worry and trust. Who characteristically wins the battle in your life, worry or trust?
How do you interpret Pastor Smith's key statement: Worry is not a sin, but living there is! Webster's definition for worry is to torment oneself with or suffer from disturbing thoughts. Why do we choose to live in worry rather than peace? What does our response to worry reveal about what we truly believe about God?
3. Read **Philippians 4:2-5**. Identify the action. We can know peace in our relationships by finding common ground and letting God be the judge in our rather than worry. What percentage of your relationships are characterized with worry?
According to these four verses, what is your responsibility for peace in your relationships? How do you suppose your relationships would change if in fact you handled others with gentleness, found common ground, and allowed God to be the judge?
4. Read **Philippians 4:6-7**. Identify the action. What is your responsibility according to these two verses? How does praying express your trust in God? Pastor Smith encouraged us to stop immediately when worry comes upon us and pray.
Read **Psalms 139:13-18, 23**. How do these verses confirm that there is nothing too big or little for God to handle in your life? What was the most recent "little" worry you stressed over? What was the last "big" worry that consumed you? What do you know to be true about God that enables you to depend on Him to calm your fears?
5. Read **Philippians 4:6**. How does approaching worry with gratitude dissolve the unknown? Read **Hebrews 13:5-8**. How do these verses speak encouragement for trusting God with the events of your life? What needs to happen to make gratitude more prevalent in our lives than worry?
Read **1 Peter 5:6-9**. Discuss the action steps from these four verses as you move from worry to peace. Why is gratitude the X-Factor to worry?
6. Read **Philippians 4:8**. Getting to right thoughts requires right reactions to the events of your life. Pastor Smith shared four action steps as we move toward right thoughts--Replace ungodly thoughts with Godly ones. Control what we can, let go of what we can't. Be aware that you are vulnerable. Appreciate what you have. Which of these four action steps are the most difficult for you to make a habit. Which one are you currently practicing?
Close by praying **John 14:1** for the person next to you. Be sure to allow each person time to pray.

*Then, because you belong to Christ Jesus, God will bless you with peace that no one can completely understand. And this peace will control the way you think and feel. **Philippians 4:7***