



## **Risk: Krav Maga | March 15, 2017**

### **Discussion Guide**

#### **The Scoop**

For many of us, worry keeps us from experiencing everything this life has to offer. We play games in our heads to try to overcome worry, but God has us covered.

#### **Key Verse**

**Philippians 4:6-7 (MSG)**

*Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life.*

#### **Discussion**

Some people are thrill seekers....sky diving, cliff jumping, dirt bikes, rock climbing, etc. Others prefer intense workouts, sparring, karate, or even Krav Maga. You might think they are crazy, but we can learn a lot from them when it comes to faith.

1. What is the craziest thing you have ever done?

Krav Maga maintains a philosophy that seeks to neutralize threats using aggression to handle conflict. Many times we spend a lot of energy letting our conflicts and problems grow in our heads because we don't face them. What if we handled life conflicts like Krav Maga and faced them head on?

2. What do you worry about most?
3. What is one thing you could do to actively engage a worry or conflict you face?

Many of us spend a significant amount of time thinking about risk and creating stories of things that never actually happen. God asks us in Philippians 4:6-7 to stop playing mental games and bring our worries and fears to Him. Replacing worry and fear with trust and confidence in Jesus allows us to go headstrong into any difficulty and face any fear.

4. What is one thing you have spent a significant amount of time worrying about that you could present to God?
5. How might Christ replace worry in your life?

#### **What's Next?**

In Matthew 6:25-34, the Bible talks about how the lives of people with belief in Christ should look markably different than those without. If you struggle with worry, examine the reason why and how you might need to better trust God. This week spend more time in prayer about the things that stress you out, cause you to worry, and make you anxious. Be more active in engaging the fears in your life so they no longer have control. Give God control.