



Road Trip: No Worries | July 18, 2018

Discussion Guide

The Scoop

Road trips are the place to throw caution to the wind and unplug from the weight of the world. But what does this have to do with our faith?

Key Verses

Matthew 6:31-34 (NIV)

"So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

Discussion

Summer, for many of us, is a time to kick back and unplug from the weight of the world. And every year, there are one or two top hits that make everyone's summer soundtrack. There is a certain energy and optimism about the songs that define our summers; they make us excited and optimistic about our summer adventures. Whether it's a mixtape, burned CD, the radio or a Spotify playlist, there is something special about summer jams no matter the decade.

1. What is your favorite "summer jam" to date? What do you like about it and why?
2. Why do you think certain songs become anthems for the summer? What is it about them?

Oftentimes the reason those summer hits become popular is because they have a special feeling. For a minute or two as you listen, you feel like you can finally let go and unplug, like the pressure is off. When we have a relationship with God, He invites us to live in a similar way... to experience the freedom of trusting that He is holding us in the palm of His hands. When we don't live that way, it can feel terrible and crushing. Almost like there is an endless amount of worry and pressure without any relief.

3. When was the last time you remember feeling really carefree? Where were you and what were you doing?
4. Does having a relationship with and trusting God feel like freedom to you? Why or why not?

In Matthew 6:31-34, the Bible tells us not to worry about the simple things in life – like what we eat, drink or wear. It says that these are the things that dominate the thoughts of unbelievers. Later in the passage, the Bible says that our heavenly father knows all of our needs. Why waste time worrying about them when God wants to take care of them himself? If we seek the Kingdom of God, and live righteously, he will give us everything we need. But when we don't consider God in our journey, worry and anxiety about both the simple and complex things in life weigh us down.

5. What "simple" thing do you find yourself most worried about day to day?
6. Do you believe that your Father in heaven knows *all* of your needs and wants to provide them for you? Why or why not?

What's Next?

It can be really easy to get bogged down thinking about tomorrow's troubles. Too many of us are not very good living in the present. We get so preoccupied with what we have to face tomorrow that we forget to enjoy the beauty of living in the moment and allowing God to shoulder the burden. When we have struggles and worries that keep us up at night, we need to allow God into those things so that we can let go and have peace.

This week, as you live out your faith, consider the things that are bogging you down... the things that are heavy on your heart. Give them to God or at the very least, invite Him to come share some of the burden.