



Sermon Outline

Key verses

Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear.

Matthew 6:25

Unload the baggage in your life

1. Humble yourself

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time.

1 Peter 5:6

2. Cast your cares on Jesus

Cast your cares on the LORD and he will sustain you; he will never let the righteous fall.

Psalms 55:2

3. He cares for you

Cast all your anxiety on him because he cares for you.

1 Peter 5:7

CAST YOUR CARES

SEPTEMBER 22
DISCUSSION GUIDE

Opening Thought

Life gets heavy. Each of us carry burdens. The silliest baggage we carry are things over which we have no control. Jesus calls us to entrust ourselves to him and allow him to handle it.

Ice breakers

- Who is the biggest worrier in your family?
- What ideas for activities do you have for our core group?

Dig Deeper

- Where in your life are you experiencing the most stress?
- Read 1 Peter 5:6-7. What is the relationship between anxiety and humility in verses 6-7? Why do you think proud people tend to be more anxious than humble people?
- In the Skit Guys video we saw today, what were some of the causes of Tommy's baggage? Were there any that resonated with you?
- Read Matthew 6:25-34. Jesus gives the command "do not worry," at the beginning of this passage. He then spends the next nine verses giving specific reasons why we should not worry. What are the reasons he gives?
- What does worry reveal about our hearts?
- What is the solution to worry/ anxiety?
- Jesus says that we are to "seek first his kingdom and his righteousness." What happens when we do that?

Closing

Worry often distracts us from the purposes of God in our lives, keeping us from the joy of a life surrendered to him. Jesus calls us to humble ourselves, cast our cares on him, and walk in freedom.