

Oct. 25

NEXT STEPS



Surprise The World "Worry and Wonder"

Matthew 6:25-34

Questions to *Dig Deeper*:

1. Legalism tries to measure our value by how well we keep rules, but Jesus roots our value in God's grace. In what areas of your life are you most tempted to measure your worth by performance, perfection, or being good enough rather than grace?
2. Mental health struggles are not caused by a lack of faith or prayer. How does making this distinction change the way we support one another in our group and church when someone is struggling?
3. Worry is often an attempt to gain control and mentioned specific triggers like news and social media. What are your primary triggers for worry, and what does it look like practically to "keep perspective" when those triggers hit?
4. Jesus points to nature (like birds and flowers) as a reminder of God's provision. What is one practical habit or rhythm you can adopt this week to shift your focus from what feels overwhelming to gratitude for God's care?
5. 1 Corinthians 12 reminds us that if one part of the body suffers, every part suffers with it. What makes a small group or church feel like a "safe place" to share real burdens, and what is one step you can take together to ensure you don't carry your anxiety alone?