**Life Team Bible Study:** For the week of February 25 – One Thing

**Suggested schedule:** This is all flexible

* 15 minutes: Gathering / Refreshments
* 15 minutes: Prayer requests
* 30-45 minutes: Discussion of the lesson
* 5 minutes: closing prayer
* 15-30 minutes: Refreshments

**HANG**

* Was there one point from this week’s sermon that particularly caught your attention, challenged you or confused you?

Most of us experience worry at least some of the time - in spite of God's promises to take care of us. From the list below which of these worries is the most likely to get your attention and why?

* Family (kids, spouse, ex-spouse, siblings, parents, extended family)
* Job situation
* Financial challenges (bills, college expenses, retirement, investments, etc.)
* Health issues
* Sudden tragedy (violence, accidents, natural disasters, etc.)
* Spiritual issues (for yourself and others)
* Relationship problems (friendships, dating relationships, neighbors, etc.)
* Self-worth concerns (insecurities, need for approval, peer pressures, etc.)
* Issues from our past
* Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Have you ever worried about the worst case and it happened? What did you do?

How we respond to conflict is often affected by how our family handled it when we were growing up. Which of the following statements comes closest to accurately describing the home you grew up in?

* conflict was avoided at all cost
* conflict was considered no big deal
* conflict was allowed to escalate into heated interactions
* conflict was present but never talked about
* conflict was most often dealt with in a healthy way
* other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**HEAR**

**We heard this past weekend that conflict is a normal part of life. The key to conflict is not trying to avoid it but learning to manage it.**

* What do the following verses tell us about our responsibility in managing conflict?

**Matthew 18:15-17, Romans 12:18, Matthew 7:3-5**

* What challenges do you face in trying to carry out these responsibilities?
* From **Philippians 4:2-9** what can we know about conflict, stress, and worry?
* What do the following verses tell us about being thankful?

**Philippians 4:6-7, Matthew 6:25-34, 1 Thessalonians 5:14-18**

1. **Thankfulness is not an *option*, but an *obligation***
2. **See your circumstances through the lens of God’s: *Love. Wisdom.* *Power.***

* Is there anything too big or too small for God? Explain.
* What can we learn about worry from these verses?

**Phil 4:8, 2 Corinthians 10:5, Romans12:1-2, Galatians 5:22-23, Colossians 3:15**

**3. Worry keeps you from *appreciating* what you do have.**

**4. Take control of *what you can*, let go of *what you can’t*.**

**During the Last Supper, Jesus was aware of how difficult the next few days would be for His disciples as they struggled with fear, doubt, and anxiety.** He spent most of this last conversation with them before His death preparing them for the challenges to come. In the following passages from that conversation –

**In groups write down the statements and promises of Jesus that would have provided them with comfort.**

**John 14:1-3, John 15-20, 27, John 16:6-7**

* Which of Jesus’ statements is most helpful to you as you face circumstances?

**It’s easy to find negative in life to focus on and worry about. Because of that, Paul tells the Philippians four times in his letter to them to rejoice** (twice in 4:4).

* What do the following verses say regarding what we’re to rejoice about?

**Romans 5:3-4, Psalm 13:5, Psalm 31:7, Psalm 119:62, Proverbs 29:2**

* How can these verses help you include more rejoicing in your life?
* What can we learn about peace from these verses?

Philippians 4:9, Mark 14:32-42, John 14:27, James 1:22-25

**5. Peace is a *daily decision* you make, not just an *emotion* you feel.**

**HUDDLE**

* What are you stressing about – share, encourage and pray with each other.

**HOME**

* What do the following verse tell us about finding peace in our - Relationships

Philippians 4:2-5, Matthew 5:23-26, Matthew 18:15-17, 1 John 4:19-21

* Looking back at this week’s teaching and study on worry, what point is most important for you to remember?

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Philippians 4:6-7, Matthew 6:25-34, 1 Thessalonians 5:14-18

**1. Thankfulness is not an *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,* but an *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

**2. See your circumstances through the lens of God’s: *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

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**3. Worry keeps you from *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* what you do have.**

**4. Take control of *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*, let go of *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

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