**“What Do I Worry About”**

***Warming Up***

1. Where would you place yourself on the anxiety scale (0=worry-free; 10=stressed out)?
2. What are the factors that generally contribute to your level of anxiety? What do you do that helps alleviate anxiety?
3. Share something you learned from Steve’s message on Sunday that impacted or challenged you in some way.

***Digging In***

1. Read John 13:36-38.
2. Considering the verses leading up to this passage (34-35) contain the command to “Love one another”, what does this passage tell you about Peter’s perspective?
3. Can you relate to Peter? Have you ever overlooked a crucial point only to be preoccupied with the inconsequential details? Explain.
4. What do you learn about the weakness of the flesh when it comes to following Jesus (vs. 36)?
5. Trying to do God’s work in the flesh leads to self-centeredness (vs. 37). Can you identify with this tendency? Explain.
6. How does this tendency contribute to worry/anxiety?
7. At Pentecost (Acts 2), Peter, filled with the Holy Spirit, spoke boldly and authoritatively to the multi-ethnic multitude, resulting in the inauguration of the church. Fundamentally what changed that enabled Peter to accomplish this?
8. How does the life of the Spirit reorient our lives so that we can live (virtually) anxiety-free?

***Living Out***

1. 1 Peter 5:7 states: “Cast all your anxiety on him because he cares for you.” To what degree are you able to do this?
2. Share something that tends to prevent you from casting your cares on the Lord?
3. From what you’ve learned today, make one commitment to a step of obedience:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Quiet Time Connect**

1. Read a verse from your Bible reading this week that especially challenged or encouraged you.
2. Share something from your prayer time that impacted you in some way.
3. Was there something specific from what you learned that you put into practice?
4. Write one thing you learned from someone else in your group:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_