



Not to Worry Week 2 – Worry Is Not Love Spiritual Formation & Discussion Guide

We hope you'll use this guide to take the teaching from Sunday's service and reflect on it with a few friends or a group. If you have questions or want to talk more about how to take your next spiritual step, contact us at info@wschurch.org.

Scripture:

Then, turning to his disciples, Jesus said, "That is why I tell you not to worry about everyday life—whether you have enough food to eat or enough clothes to wear. ²³For life is more than food, and your body more than clothing. ²⁴Look at the ravens. They don't plant or harvest or store food in barns, for God feeds them. And you are far more valuable to him than any birds! ²⁵Can all your worries add a single moment to your life? ²⁶And if worry can't accomplish a little thing like that, what's the use of worrying over bigger things? ²⁷"Look at the lilies and how they grow. They don't work or make their clothing, yet Solomon in all his glory was not dressed as beautifully as they are. ²⁸And if God cares so wonderfully for flowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith?

²⁹"And don't be concerned about what to eat and what to drink. Don't worry about such things. ³⁰These things dominate the thoughts of unbelievers all over the world, but your Father already knows your needs. ³¹Seek the Kingdom of God above all else, and he will give you everything you need.

³²"So don't be afraid, little flock. For it gives your Father great happiness to give you the Kingdom.

Luke 12:22-32

"Sir, do you remember me? I am the very woman who stood here several years ago praying to the LORD. I asked the LORD to give me this boy, and he has granted my request. Now I am giving him to the LORD, and he will belong to the LORD his whole life."

1 Samuel 1:26

Reflection Questions:

- What's one thing that makes you the most emotional (not necessarily crying, but the biggest and strongest reaction)? Why do you think it affects you so much?

- What stood out to you from Sunday’s service? How did you sense God encouraging and challenging you through the songs, the message, and being with others as part of the church? (The message’s main points and scripture are listed below if it helps you think back.)
- In the message, Eddie shared that worry is not love and our worry is a waste. Have you ever seen worry as unproductive? When and how so?
- Read through Jesus’ words from Luke 12:22-32. (This is a longer section of the scripture from the message.)
 - What stands out to you as you read Jesus’ words now?
 - Take a moment to imagine Jesus’ face as he is saying this to his friends and disciples and others listening. What emotion do you imagine he is feeling as he says this?
- Look again at verses 25-26. Worry doesn’t work. Do you agree with this? Do you live like this?
- Eddie also mentioned that our worry affects those closest to us. Have you ever seen worry be contagious? When you consider its impact on those you love, how do you view worry?
- Read Hannah’s words in 1 Samuel 1:26. Then, reflect on this line from the sermon: “The people we refer to as ours belong to God first.” What keeps us from seeing our loved ones this way?
- Eddie shared a few other reminders about this:
 - God responded to Hannah’s prayers, not her worries
 - if the people we hold dear belong to God, then they are ultimately his responsibility
 - Your role is not Chief Worrier
 - Any time you are tempted to worry, it is your reminder to pray, instead
 - this is an invitation, not a condemnation

Which of these stands out to you today? Do you sense God inviting you to something? Write it out/share it out loud with a trusted friend.

- Near the end of his message, Eddie shared an image of a father carrying his son’s bag when he was tired, and then eventually carrying his son, too. How do you react to that image of God’s love? Can you imagine him that way? How do you respond to that?
- Is there anything else from this teaching that you want to explore more?
- Take time to pray as you close your time of reflection or discussion, asking God to help you act on what he has asked you to do.

Looking for ways to grow spiritually?

We have a new resource, the **Write it Down Journal**, which you can get at our Next Steps Area for a suggested donation of \$3 or access online at <https://www.wschurch.org/content/pdf/SpiritualJournal.pdf>. Writing things down is a simple spiritual practice that helps us pay attention to God and what he is teaching us.

Visit www.wschurch.org/resources to see additional tools and resources.

Message Main Points and Scripture:

- **worry is not love**
- 1 John 4:18 – “There is no fear in love – but perfect love casts out fear.”
- Luke 12:22 - Then, turning to his disciples, Jesus said, “That is why I tell you NOT TO WORRY about everyday life...”
- Luke 12:22-24 - “I tell you NOT TO WORRY about everyday life—whether you have enough food to eat or enough clothes to wear. For life is more than food, and your body more than clothing. Look at the ravens. They don’t plant or harvest or store food in barns, for God feeds them. And you are far more valuable to him than any birds! Can all your worries add a single moment to your life? And if worry can’t accomplish a little thing like that, what’s the use of worrying over bigger things?”

- **people are more important than provisions**
- **people are more important than animals**
- Colossians 1:17 – “He is before all things, and in him all things hold together.”
- Luke 12:25-26 – “Can all your worries add a single moment to your life? And if worry can’t accomplish a little thing like that, what’s the use of worrying over bigger things?”
- **Worry doesn’t work**
- **Hannah**
- 1 Samuel 1:12 - As she was praying to the LORD, Eli watched her. Seeing her lips moving but hearing no sound, he thought she had been drinking. “Must you come here drunk?” he demanded. “Throw away your wine!”
- 1 Samuel 1:26 - “Sir, do you remember me? I am the very woman who stood here several years ago praying to the LORD. I asked the LORD to give me this boy, and he has granted my request. Now I am giving him to the LORD, and he will belong to the LORD his whole life.”
- **the people we refer to as ours belong to God first**
- Psalm 100:3 – “Acknowledge that the LORD is God! He made us, and we are his.”
- **if the people we hold dear belong to God, then they are ultimately his responsibility**
- **Your role is not Chief Worrier**
- **this is an invitation, not a condemnation**
- Matthew 7:11 – “So if you sinful people know how to give good gifts to your children, how much more will your heavenly Father give good gifts to those who ask him.”