

# WHAT IF IT DOESN'T WORK OUT?

WORRIED

## THE TAKEAWAY

God will give us exactly what we *need*.

## OPENING QUESTION

What was one of your favorite games or activities to do as a child?

## WHAT THE BIBLE HAS TO SAY ABOUT IT

Imagine: you're a toddler sitting behind the steering wheel of one of those children's shopping carts—maybe it's designed to look like a racecar or a firetruck. You're desperately turning your wheel to the left, even though your parent (or whoever is pushing the cart) continues toward the right. The more you steer one way, but keep going the other, the more frustrated and panicky you become. Things are not working out how you wanted or expected.

Life is like the shopping cart. You think you have control, and you think you know what you need. The reality is that your steering wheel controls nothing. So when things don't work out or go your way, worry and anxiety can quickly enter the picture. Soon, they become the only things you're focused on.

God is ultimately in control of your life. He knows what you really need, and a lot of times it's different than what you think you need. If you look first to him—the one who knows your true needs—you can align your steering wheel with his and alleviate some of your worries.

**Read Luke 12:22–34** to hear Jesus challenge you to fully embrace his promise; God will always provide when we seek him and his Kingdom first.

## DISCUSS:

- This passage gives several reasons not to worry. What are they?
- What promises does Jesus give in these verses?
- What do you tend to worry about most in your life?
- How can you remind yourself and others to focus on eternal treasures over earthly stresses?

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## APPLY IT

What is one way you can practice seeking God's presence this week?

What are you going to do?

When are you going to do it?

Is there someone who can keep you accountable?

## MEMORY VERSE

"Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you."

1 Peter 5:6–7 (ESV)

## ON YOUR OWN...

Prayer doesn't always come easily. Sometimes we need help to know when to pray, how to pray, and what to pray about. Worrying has zero benefit to us. Follow God's command to not be anxious and to cast your cares before him.

### WRITE A PRAYER

Spend time confessing those things (both big and small) you are tempted to worry about. Write them down and lay them at the cross of Christ. Let him carry those burdens for you.

