



A Pastor for Every Person!
ROCK GROUPS
(Evangelistic Care Groups)
ROCK GROUP DIRECTIVE

FREE FROM WORRY!

Ice Breaker... Did your parents or grandparents worry a lot?
How did that affect you? (*positively or negatively*)

Matthew 6 ²⁵ "...I tell you not to **worry** about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing? ²⁶ Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are? ²⁷ Can all your **worries** add a single moment to your life? ²⁸ "And why worry about your clothing? Look at the lilies of the field and how they grow. They don't work or make their clothing, ²⁹ yet Solomon in all his glory was not dressed as beautifully as they are. ³⁰ And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith? ³¹ "So don't **worry** about these things, saying, 'What will we eat? What will we drink? What will we wear?' ³² These things **dominate the thoughts of unbelievers**, but your heavenly Father already knows all your needs. ³³ **Seek the Kingdom** of God above all else, and **live righteously**, and he will give you everything you need. ³⁴ "So **don't worry about tomorrow**, for tomorrow will bring its own worries. Today's trouble is enough for today. NLT

*What are your top three worries? What situations bring out the worrier in you?
What three worries did Jesus discourage among His followers? Why? (6:25)*

*What benefits does worry bring? (6:27) What priorities should we have? (6:33)
Why was Jesus relating worry to priorities? How does worry affect our priorities?
Does it distract us from our relationship with God? How?*

Luke 12 ²² Jesus said to his disciples: **...do not worry about your life...** ²⁵ Who of you by worrying can add a single hour to his life? ²⁶ Since you cannot do this very little thing, **why do you worry...**? NLT

If worry is counterproductive, **why do we worry?**

What are our 'reasons' for worry?

What are some indications of worry in our lives? (*irritability, impatience, etc.*)

We all need to **recognize** and **face head-on**
the worries that have held us in bondage!

GROUP ACTIVITY:

1. Write down (*honestly*) the worries that have been plaguing you. (3-5 minutes)
2. Read **Romans 8** ³⁷ ...despite all these things, overwhelming victory is ours through Christ, who loved us. ³⁸ And I am convinced that nothing can ever separate us from His love. Death can't, and life can't. The angels can't, and the demons can't. Our ***fears*** for today, our ***worries*** about tomorrow, and even the powers of hell can't keep ***God's love*** away. NLT
3. Let's look at what we wrote, pray (quietly), and ask God to set us free from worries and show us how to stay free! When we're done, we'll all tear up our papers and throw them away as an act of faith! (3-5 minutes)
4. Let's all confess Romans 8:38 out loud and make it personal:
...fears for today, ...worries about tomorrow, and even the powers of hell can't keep ***God's love*** away "***from me***".

Think about this. How will you ***personally*** live out this truth?

Let's ***pray in groups of three*** for our prayer needs...
including breaking the curse of worry!

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- ✓ Did you share the vision and mission of COTR and the Rock Groups?
- ✓ Prayer, Ministry time, and Fellowship
- ✓ Prayer for COTR Leadership
- ✓ "Empty Chair" Prayer - encourage group to **invite someone new next time**
- ✓ Did everyone complete the sign-in form?

 Remember to complete the **online report** and **attendance** for the meeting soon