

FILTERS

PART 3: THE WEIGHT OF THE WORLD

INTRODUCTION

Ever feel like you have the weight of the world on your shoulders? Circumstances in life can cause all of us to feel stress and worry. Is it possible to experience hope and even joy despite our circumstances?

DISCUSSION QUESTIONS

1. Do you think worry is more of a challenge in our culture today than ever before? What factors influence your perspective?
2. What currently causes you stress or worry?
3. Without realizing it, we can find ourselves overwhelmed (thinking too much), overcommitted (doing too much), or overexposed (seeing too much). Do you find yourself drifting to any of these stressors? Share which ones.
4. Fear is most often at the core of our worry. Can you identify a fear below the surface of a worry you face or stress you experience? Some examples are the fear of:
 - Missing out
 - Being alone
 - Disappointing those you love
 - Being stuck
 - Not measuring up
 - Getting it wrong
 - Being left behind
 - Failing
 - Being single
 - Not being enough
5. When we face a fear, we often encounter a meteor shower of “what if” thoughts. They influence our feelings which then influence our behavior. In that spiral, it can be easy to forget God. In the past, how has God been a factor in facing your fears?
6. **Read Philippians 4:4-8.**
Paul wrote these words in prison. How do his circumstances affect your perspective on his advice to choose joy?
7. Facing fear and worry can feel like carrying the weight of the world. What would it look like for you to trust and depend on God in the midst of your circumstances?

MOVING FORWARD

God offers us a pathway to peace in the midst of our circumstances. When fear or worry invades your thoughts, choose to define the thought, process the thought, and meditate on God’s truth. Choose to trust him more than your worry.

WEEKLY READING

This week, reflect on the pathway to peace found in Philippians 4:4-8.

ADDITIONAL RESOURCES

Are you in a season when you need a guide to help you navigate fear or worry so you can experience the peace God offers? To learn more on how our Care Network can assist you in connecting with a Christian counselor, visit buckheadchurch.org/care/counseling.