



Week 3: Worry to Peace

What we worry about the most is where we trust God the least.

Discussion Questions

1. What are you most excited about right now? What are you most worried about right now?
2. Why do you think we worry so much?
3. What is causing you to not have peace right now?

Read Philippians 4:6-7

4. What does Paul say that you can do to release your worry? Do you really believe it's that easy?
5. What do you believe is the purpose of prayer?
6. Why is it difficult for us to make prayer our first response instead of our last resort?
7. What steps can you take this week to release your worries to God?

Next Steps

Read 1 Peter 5:7 - Think about what you need to do to cast off of your shoulders and onto your Heavenly Father's shoulders.