

# WEEK 4

## DISCUSSION GUIDE



### THIS WEEK

#### **BIG IDEA**

Jesus invites us to trust Him with our worries and burdens.

#### **BIBLE**

Matthew 11:28–30; Psalm 91:9–15;  
1 Peter 5:7

### **ABOUT THIS WEEK**

As you climb towards a roller coaster's big drop, the view from the top can fill you with feelings of worry and fear. This week, we'll hear the words Jesus spoke to a group of people filled with worry about their lives, their futures, and more. Jesus comforted the people around him by telling them **Jesus invites us to trust Him with our worries and burdens.**

#### **Conversation Starters:**

- What's something you were terrified to do but eventually overcame the fear and did it?
- Have you ever been afraid of doing something and wouldn't do it until someone did it with you? How did knowing you weren't alone help when you were afraid or worried?
- What physical symptoms do you experience as a result of worry? What are the signs indicating that worry is beginning to take over?

#### **Scripture:**

##### **Read Matthew 11:28-30**

- What does this verse teach us about the heart of Jesus?
- Does this verse teach that nothing will ever be too much for us to carry?
- How would you describe the difference between Jesus taking troubles away completely and Jesus helping us carry the things that worry us?

##### **Read Matthew 6:25-34**

- What does this verse teach you about God and His heart for you?
- What does Matthew 6:33 mean? Does anyone have any stories of times you've done this and experienced the truth in this verse?

#### **Flesh it out:**

- **If you were going to teach someone to give their worries to Jesus, what steps would you tell them to take? What would it look like for you to take your own advice?**

#### **Challenge for the Week:**

- Memorize 1 Peter 5:7 NIV and recite it every day

***Close out your time by praying for God to remind us that we can be courageous because He is with us.***