



THEME

Worrying about our Value > Seeing ourselves + others how God sees - Finding Rest + our Value in Him

ANCHORED TO TRUTH

1 Samuel 16:6-14, Matthew 6:25-34, Psalm 139, 2 Corinthians 5: 13-20,

CONVERSATION

1. If you could steal one attribute (athletic, smart, funny, etc) from one of your friends - what would it be?
2. How much do you think + worry about your future (career, cash, spouse, family, purpose)?
 - a. If you think/worry about it - what do you worry about most?
 - b. Is that a rational fear?
3. Is anxiety/worry ever a real issue for you?
4. What percentage of our worries are about “value metrics” (external things that people use to rank us)?

5. Check out Matthew 6:25-34

25 “That is why 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.

6. In verse 26 above - Jesus says, “look at the birds.” What kind of food/material security do birds have?
 - a. What’s the point Jesus is trying to make for us here?
 - b. What does He want us to see about our faith?
 - c. Our value?
7. What’s the route to finding our value + security in God?
 - a. How does verse 33 help us?
 - b. Have you seen that work in real life?
 - c. What’s the most difficult obstacle on the verse 33 route?

RESPOND

- Is there a practical way we could help each other with the obstacles keeping us from anchoring our value + security in Jesus?

- If you know anyone in your group well enough - could you call out some attributes in them that God sees + maybe they don't?
- What's one prayer point we could share this week as a group to keep our hearts leaning toward rest, value + identity in Jesus?