

LG Spring Week 4 - 4/28/19 Silencing the Monster Leader Guide

Silencing the Monster message series - Week 1

Getting to Know You

1.) What is the difference between worrying and simply thinking something through and analyzing it? **We want to start the discussion by separating out or clarifying what we would say is worry compared to just thinking about something or being prepared or protective. At the same time we do not want to give people a way to justify worry, so try to really think as a group what separates the two camps.**

2.) Answer these questions from the beginning of Sunday's message:

- How does excessive worry affect you?
- What do you worry about?
- How do you silence the monster of worry?

Obviously we are just jumping right in on this one. The problem is most people are going to say something more acceptable and not really say what worries them most or what they worry about most often. As a leader, this is a huge opportunity for you to lead out. Be very open and honest and set the tone for the rest of the group to follow.

3.) Why do we put so much time, effort, and energy into trying to feel like we are in control? What are the positives and negatives of trying to be in control? **All of us try to be in control, but what we want to discuss here is why. What are we hoping to gain or avoid by having control, or is it simply the fear of the unknown we don't want? Try to dig down to the motivator for this.**

4.) Looking back at your notes from this week's teaching, was there anything you heard that caught your attention, challenged you, or confused you?

Into the Bible

5.) Read Matthew 6:25-34. Describe how you know when you are seeking first the kingdom of God? How do you know when you are not? **Matthew clearly lays out that the way to stop the worry is to seek first His kingdom. We want to ask how we do that and how we know whether we are or not.**

6.) Read 1 Peter 5:6-7. How do you humble yourself under God? What does it look like for you to cast your anxiety on Him? **We want to figure out how to put these passages into action so we want specific ways that we as Christ followers can live this out. If people do not know how to do this, we want the examples to be so clear that someone could go home and start applying this to their life.**

7.) Read Matthew 13:22. Are there worries in your life that you would say have stopped you from producing more spiritual fruit? If so, what are the worries you would say have hindered fruit production for you, and how so? **This question is obviously a little in your face, but the reality is**

that almost all of us would probably say we do not produce the fruit we know we should and we also do not make it the priority that it should be. So we want people to be real, own that, and then think through what they think they should do to change that. A major thing I caution again here is people taking the try harder approach. If someone's solution sounds all based on them and not reliance on the Holy Spirit to follow God, please try to guide them in a reliance on God direction as opposed to trying harder.

Application

8.) If you struggle with worry, how can you be kind to yourself and still make progress without beating yourself up? Often when we worry, we just feel like we are lacking in faith. Because of that we see ourselves as bad Christians, and then we just get frustrated and make no progress. We want people to think through a way to help take down some of the worry but not to beat themselves up and just be down on themselves.

9.) Instead of worry, what emotion would you like to have? What verses do you think you need to focus on or memorize to push back against worry? We usually cannot make old thoughts and habits go away until we have replaced them with new ones, so we want people to find their replacement thoughts.

10.) Share with your group how you are using or will use the prayer card.