Session 2: Chasing Life's Essentials

GOALS

Main idea: Prioritizing God's kingdom and relying on Him as a loving and capable Father will empower you to overcome worry and live in peace and victory.

Head Change: To shift your mindset from being controlled by worry to trusting God's provision and prioritizing His kingdom, which enables you to experience peace and victory.

Heart Change: To trust deeply in God's fatherly care, replacing your worry with his peace and confidence in His provision for your every need.

Life Change: To prioritize God's kingdom, trust in His provision, and release worry, leading to a transformed life of peace, purpose, and complete reliance on Him.

OPEN

Choose one of the following questions to begin your discussion:

What is one thing you tend to worry about the most? How do you usually try to handle it?

If you could fully trust God with one area of your life, what would it be? Why that area?

WATCH

Watch session 2: “Chasing Life’s Essentials” (18 minutes).

I. Worry is concern gone haywire—it controls and defeats a believer in Christ.
II. Jesus instructs believers not to worry but to trust in God.
III. Nature reflects God’s care, reminding believers of His provision.
IV. Seeking God’s kingdom first reduces worry and aligns priorities.
V. Viewing God as a loving Father empowers believers to overcome worry.

DISCUSS

Discuss what you just watched by answering the following questions.

1. How would you describe the difference between concern and worry? Why is worry so detrimental in the life of a follower of God?
2. Read Luke 12:22–31. How does Jesus’ teaching about God’s care for nature challenge you to trust Him with your daily needs?
3. Reflect on Matthew 6:33. What does it mean to seek God’s kingdom first? How can this shift your perspective on worry?
4. Read Philippians 4:6–7. How does prayer and thanksgiving help you replace worry with peace in your life?
5. How does viewing God as a loving Father change the way you approach your challenges?

REFLECT

Complete the following activities before watching the next session.

Read: Read 1 Peter 5:6–7. What does it mean for you to cast your anxieties on God? How can trusting in His care bring peace in the midst of life's challenges?

Write: Write down one thing that is causing you to worry right now. Now write down what it would look like to completely cast that anxiety into God's care.

Pray: Ask your heavenly Father to help you remember that He has "daddy strength" you don't have to overcome the worries that are knocking you down.