

# MESSAGE DISCUSSION QUESTIONS

NOV 15, 2020 // SERENITY



## ONE DAY AT A TIME

Senior Pastor Marty Grubbs continued in the *Serenity* series focusing on the phrase from the Serenity Prayer, “Living one day at a time, enjoying one moment at a time, accepting hardship as a pathway to peace.” If ever there was a time to understand this phrase personally, it is now, with the world seeming upside down in 2020. Everything we thought we could count on is now unpredictable and out of our control. We can’t make plans for next week, let alone the holidays. We have a choice about how to handle these stressful times. We can let our concern become fear, and our fear turn into worry. Or we can trust in God, living one day at a time, one moment at a time. In Jesus’ most famous sermon, recorded in the book of Matthew, he preached about this kind of living: recognizing there is no way to avoid hardships, but also understanding there is a healthy way to walk through them and to experience peace—not only after we are beyond the hardship, but in the midst of trouble and circumstances out of our control.

“Big things are built one brick at a time. Victories are achieved one choice at a time. A life well lived is chosen one day at a time.” – Lisa Terkuerst

## SCRIPTURE: MATTHEW 6:25-34

*“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? 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? Can all your worries add a single moment to your life?”*

*“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, yet Solomon in all his glory was not dressed as beautifully as they are. 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?”*

*“So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.”*

*“So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.”*

## DISCUSSION QUESTIONS

For reference:

**Concern:** to relate to; be connected with; be of interest or importance to, motivates us

**Fear:** an unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain, or a threat

**Worry:** to torment oneself with or suffer from disturbing thoughts, paralyzes us

**Anxiety:** physical response to concern, fear, and worry we haven't dealt with

1. What stood out to you from Marty's message about the affect worry has on our lives and how to avoid it?
2. Read Matthew 6:25-34. What does Jesus say about how to live your life?
3. Where have you seen the effects of worry and anxiety in people's lives? (Be careful to avoid breaking confidences with others, don't use names.)
4. Reread Matthew 6:33-34. What are the promises Jesus makes (both positive and negative)?
5. Use the reference key above, what in your life is a concern? What has turned into a fear? What are you worrying about (what keeps you up at night)? Are you experiencing anxiety?
6. How can you live one day at a time, one moment at a time, and experience peace in place of anxiety?
7. How can we pray for you?

## **PRAYER**

Thank God for giving us his Word to know the way to peace. Ask him to prompt you to turn back to him if you begin moving from concern to fear, or beyond. Say out loud to God what has you worried, (you can whisper if you are in a group), and surrender it to him, leave it in his capable hands, believing he will provide the path to peace.

**\*Note:** Marty referred several times to Celebrate Recovery. If you are in a place where you need help to set your life back on course to live one day a time, we are here for you. Visit [lifecare.crossings.church](http://lifecare.crossings.church) or call us at 405.755.2227.