SMALL GROUP STUDY GUIDE

Week 1 *August 30, 2026*
"Devotion and Emotion"

OPENING PRAYER

Heavenly Father, thank you for loving us and creating us in your image. Thank you for your promise to never leave us or forsake us. But as much as we know that promise in our heads it doesn't always translate to the way we live. So would you help us to focus on what we can do when we get worried and trust you to do what only you can do. We pray this in the powerful name of Jesus. Amen.

SCRIPTURE PASSAGES

Matthew 6:24-30 (NIV)

> *24 "No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money.*
>
> *25 "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? 26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? 27 Can any one of you by worrying add a single hour to your life?*
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> *28 "And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. 29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 30 If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith?*

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INTRODUCTION

Most of us are worried about something. And many of us are more worried now than we've ever been. But worry has been around as long as there have been people. Two thousand years ago, there was so much worry that Jesus addressed it, and He gave us the definitive solution.

Jesus says that the things that you are most devoted to are the things that will determine what you worry about. He makes it clear that worry is a waste of time and that it is actually a spiritual issue because when we worry we are expressing little to no confidence in God's willingness and ability to take care of us. If our emotion is driven by the things we're devoted to, this week ask yourself "what are you most devoted to?"

QUESTIONS

1. Do you tend to be a worrier or do you deal with circumstances as they come? How is that natural wiring a strength for you? How is it a weakness?

2. What circumstances, consequences, or possibilities do you fear? How does that fear limit your choices in life?

3. The emotion of worry is driven by the things we are devoted to. What are you most devoted to?

4. If you were totally confident that God knew what you needed, that He knew about all your concerns and was working on them, how would your stress level be impacted?

5. Read Matthew 6:24-30 (on page 1). What stands out to you?

FINAL APPLICATION

This week ask yourself: "What am I most devoted to?"