

Small-Group Facilitation  
February 2- We're too busy

Remind the group every week:

- This group is always a safe place where anyone can talk about anything
- We are always looking for the next person who will lead a group one day
- We always want to invite others to experience our growing community

Read: Psalm 62:5, 8

1. Life can be loud and busy. We often miss God's voice whispering to us. What changes in your daily life do you need to make to allow quiet time with God?
2. The definition of the word "anxious" (or worry) in this passage is a combination of two smaller words. It means, "to divide the mind." How does worry divide the mind? Philippians 4:6–7, 12–13, 19, Proverbs 30:7–8, 1 Timothy 6:9–10
3. In Matthew 6:21 Jesus says, "For where your treasure is, there will your heart be also." The word treasure here means, "a place where good and precious things are stored." Discuss what your heart is "treasuring" right now.
4. Jesus addressed multiple life basics that we worry about. Discuss why it's important to recognize God's hand of provision.
5. Remember the definition of faith Pastor C shared? "Choosing to believe the Bible is true regardless of how I feel, the situation I'm in, or what the world around me says. Jesus in Matthew 6:30 says: "Oh you of little faith?" How can choosing to live by faith combat worry/stress/busyness?