

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7 (NIV)

Let's put this passage into action. Create 2 list

⇒ **List 1:** What are you worried or anxious about? Write down everything causing you worry.

⇒ **List 2:** What are you thankful for? Write down everything (big & small things), for which you are thankful?

⇒ Now practice what this passage says, "by prayer and petition, present your request to God." Spend time expressing your thankfulness to God and sharing your request with Him about your worries.

MESSAGE NOTES

Series: Because of the Cross....

Message: I Can Trust God

Text: Proverbs 3:5-6

Speaker: Brian Bolton

*Growth Groups are sermon-based small groups that meet primarily in homes.
To join a group, visit mycpointe.com/growthgroups*

Talking through the message during the week helps you and your Growth Group turn what God is saying to you into action steps. Add any optional scriptures and questions if needed, and then wrap up by deciding on your next steps. You can use this study guide with your Growth Group, your family, or on your own.

Pray

As you work thru this guide, ask God to help you fully grasp the resurrection and the hope we have because of Jesus' victory over death.

Open

1. What comes to mind when you think about the word TRUST?
2. Think about a time when you trusted in something or someone and that trust was broken. What happened? Share with your Growth Group.
3. What does trust look like in a relationship? How do you know when you fully trust someone?

Read, Hear, & Live the Word

1. Read Proverbs 3:5-6. How would you define trusting in God?
2. In a world being driven by fear, how does trust in God help dispel the fear?
3. How would you respond to non-believers if they asked you how they could begin trusting in God?

In the message on Sunday Brian said, "Worry is the opposite of trust." Read Matthew 6:25-24 and answer the following questions.

1. What things did Jesus specifically warn us not to worry about? Why do you think he did? (6:25)
2. What examples did Jesus give to encourage us not to worry? (6:26-30)
3. What good can worrying do? (6:27)
4. What does Jesus suggest we do instead of worry? (6:33)
5. How do you think worry is affecting you emotionally, physically, and spiritually?
6. In light of this passage, what would be some good principles to apply to our lives regarding everyday needs like food and clothing or for the problems of our world for us to follow so we don't worry and trust God?
7. What can help you entrust your worries to God?