

Mom2Mom - 4.19.23
Worry Application

Teaching Time (6:35-6:55 PM)

	I. Understand God’s definition of worry.	II. God’s solution to worry is peace, because we trust in Him.
How do you apply this in your life?		
How do you help your family apply this?		
How does the way you apply this change across ages and stages of life?		

	III. Learn to distinguish between right concern and sinful worry.	IV. Walk in repentance in any area you’ve idolatrously worried about.
How do you apply this in your life?		
How do you help your family apply this?		
How does the way you apply this change across ages and stages of life?		


Optional Memory Verse

***Philippians 4:6** do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.*

Table Time (6:55-7:55 PM)

I. Discussion Questions (6:55-7:15 PM) (is also a Large Group Discussion Question)**

1. ** How would you like to grow in personal application of handling worry in a biblical way?
2. How do you think you might need to help your family grow in application of this topic?
3. ** How do you see the application of this topic affecting your children at their current age/stage?

Reading Discussion Questions  **Biblical Counseling Coalition _ Overcoming Worry with an Action P...**

1. What are your biggest takeaways from this article?
2. What is challenging to you about this article?
3. In what ways have you already begun applying something you learned in this article?

II. Gather Prayer Requests: (7:15-7:30 PM)

Person	Question 1: What is one thing you'd like to personally apply more deeply from the last two weeks of Mom2Mom?	Question 2: What is one way you'd like to see your family growing in application in handling worry biblically?
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III. Prayer as a Table about the prayer requests gathered this evening (7:30-7:45 PM)

IV. Large Group Discussion Question

How would you like to grow in personal application of handling worry in a biblical way?	How do you see the application of this topic affecting your children at their current age/stage?