

WELLSPRING

W O R S H I P C E N T E R

“Life without Worry” 11/12/2023 (Eli Seale) Reflection Questions:

1. Have you found this quote: “Worrying does not empty tomorrow of its sorrow, it empties today of its strength” to be true in your life?
2. Do you agree with the statement, “What we worry about often times reveals where we trust God the least”?
3. What are the issues in life that you personally tend to worry about?
In the sermon on the Mount in Matthew 6, Jesus mentions money, physical needs, and our physical body. Can you relate to those?
4. Have you ever wrestled with the question, “Is God trustworthy?”
5. Do you have specific times in your history with God where He showed Himself trustworthy?
6. If it’s true that “God expects faith action” and that “Your diligence + God’s presence = enough”, how can you personally apply these points in your life?
7. Have you found the promise in Matthew 6:33 that as we seek God first, everything we need in life will be provided to us?
8. In the life of Elijah, the stress in his life caused him to be isolated. He felt like he was all alone. Have you ever found that anxiety and worry have caused you to be isolated and alone?
9. The voice of God comes to Elijah not in the form of a fire nor a windstorm nor an earthquake. Instead, it comes to him in the form of gentle whisper. What does this teach us about how we connect with God?
10. Why is God’s promise of His presence in our lives such a powerful antidote to worry and anxiety?