

MESSAGE NOTES

PRACTICAL APPLICATION | Walking It Out

1. Jesus' words in Matthew 6 show us He understands that worries come up. What are some things that can help you stay focused only on today's worry, and not tomorrow's?

2. Take the Challenge: The antidotes to worry and anxiety in our lives were outlined as Give, Gratitude, Rest and Prayer. In what ways can you "run after" these antidotes this week?

PRAYER REQUESTS _____

Series: Weeds In My Garden
"Overcoming Worry and Anxiety"

Rusty George
Church360
August 17, 2025

NOTES:

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SMALL GROUP DISCUSSION QUESTIONS

For the week of August 17, 2025

OPENING DISCUSSION | Let's Get the Discussion Started

1. Go around the group and ask these questions:

- What is your favorite color?
- What is your favorite breakfast meal/food? And why?
- What is your favorite wild animal?

2. Think back to your Jr. High days! What were the top 3 things you were worried about?

3. Matthew 6:26 asks this important question, "Are you not much more valuable than [the birds]? How can our worries show that we don't trust God's goodness?"

Take a moment and list some ways that God has been good to you this past month/year/season?

BIBLICAL REFLECTION | What Does God Say About This?

1. How have you experienced the difference between worry and anxiety in your life?

2. Rusty, through Matthew 6, pointed out that the root of worry is a desire to "control what is beyond our control." What are some common things or people who affect our lives, that are out of our control?

4. Matthew 6:33, "But, seek first His kingdom and His righteousness, and all these things will be given to you as well." Where have you seen this happen in your life?

What parts of your life do you need to "seek His kingdom first" in?

In what ways can people try to control these things or people?