

Take Home Sheet    Hostage: Message 2 of 4  
Luke 10:38-42      Philippians 4:6-8

1. What do you worry the most about?
2. What is your reaction to the fact that the Bible labels worry as a sin not a personality quirk?
3. How does worry affect people negatively? Have you ever seen this?
4. Why do we tend to excuse worry?

Read Luke 10:38-42:

5. What do you think Martha was like?
6. What do you think Mary was like?
7. Why did Martha choose the kitchen?
8. Why did Mary choose the living room?
9. What do you think Jesus meant when he said that Mary had chosen the "better part?"
10. Discuss this statement: "God's way is always the better way."
11. How does choosing God's way often take faith?
12. Name some Biblical examples of men and women who chose the path of faith.
13. How is worry the exact opposite of faith?

Read Matthew 6:25:

14. How does worry distrust the promises of God?

Read James 1:22

Pastor Randy shared *two steps* that, if we live them out, will help us break free of worry.

The first step: "I will do what God asks me to do."

Read Philippians 4:8

15. Can we really choose what we think about? Have you ever tried to live out this verse? What happened? What do you think would happen to our worries if we did?

16. Look up some of the Scriptures where it tells us to be wise. Think of some theoretical problems and name what the wise path might be. Why do some people do nothing instead of seeking to choose the wise course?

The second step: "I will give God what I cannot do."

17. What does this actually look like? Name some of the steps from Philippians 4:6-7.

18. Why are we sometimes tempted to take our problems back?

19. What is one step you could take today to break out of the worry jail?

20. What is one worry you could give to God and not take back?