

# Nothing New Under The Sun

## Week 2: No Worries - God is in Control

### ICEBREAKER

What is something you enjoy leading or having control over?

### INTRODUCTION

Life can be hard, especially if you are chasing the expectations of an ever changing world. Part of enjoying God's creation is slowing down and letting life come to you instead of constantly trying to blaze your own trail. This week we will look at scripture for how we can stop worrying about the future to be more present in what God is trying to show us. God is in control of life but we are in control of our choices and how we live.

### READ |

Worry and anxiety comes from a fear of the future and the uncertainty of things that are out of our control. This anxiety can cloud our ability to enjoy the moment and take away the peace that Christ wants for us. Luckily Paul gives us a remedy to apply to our lives.

*Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.*

*--Philippians 4:6-7 (NLT)*

The opposite of anxiety is anticipation which comes from excitement for the future. To get to anticipation we are to pray in gratitude for all God has done in our lives and for God to provide us with what we need. This produces a peace that allows life to come to us and for us to be more ready to take advantage of the opportunities God will bring.

**Have you felt God's peace in your life? How can you focus more on gratitude for what God has done in your life so He can provide you with what you need?**

## READ |

We all want to live comfortably and the world teaches us to chase riches and fame in order to be fulfilled. However, we will never be content when our focus is on what we don't have. When we always think that something "new" will bring us happiness, we are setting ourselves up for disappointment when it falls short.

*But godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it. But if we have food and clothing, we will be content with that. People who want to get rich fall into temptation and a trap and into many foolish and harmful desires that plunge men into ruin and destruction.*

*--1 Timothy 6:6-9 (NIV)*

Temptation is inherent in our nature, from the time of Adam and Eve we as people have always been tempted by what we don't or can't have. When we put our focus on our temptations, it takes away from our trust in God's provision. When we are content with what we have and put our trust in God, He will provide more than we need.

*"Blessed is the man who trusts in the Lord, whose trust is the Lord. He is like a tree planted by water, that sends out its roots by the stream, and does not fear when heat comes, for its leaves remain green, and is not anxious in the year of drought, for it does not cease to bear fruit."*

*--Jeremiah 17:7-8 (NIV)*

God is the source of everything that has been and will be. When we plant ourselves close to the source we are able to receive all God's blessings. The further we plant ourselves from God, the more anxiety and fear have power over our lives.

**Discuss a time you thought money or material would bring you happiness only to find you still weren't content once you got what you wanted. How has your trust in God brought blessing and benefit to your life?**

## READ |

God is in control but that doesn't take away our choices. It is our life, given to us by God but we choose how we live it and who we follow. We can choose the world or we can choose the spirit. However, God made the first move and gave us Jesus and the Holy Spirit because He wants a relationship with us.

*"Behold, I stand at the door and knock; if anyone hears My voice and opens the door, I will come in to him and will dine with him, and he with Me."*

*--Revelation 3:20 (NASB)*

Choosing a relationship with Christ in an increasingly "anti-God" material world is not easy. To hear His voice over the distractions of the world requires us to stay in God's Word to discern how He is moving in our lives.

*"Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life, and only a few find it.*

*--Matthew 7:13-14 (NIV)*

To find and stay on the road He has for you takes daily devotion. That starts with staying in the Word and applying it to your life. When you do, you can see how God is moving in your life to better choose and serve Him. The question is; who will you serve?

*"But if serving the Lord seems undesirable to you, then choose for yourselves this day whom you will serve, whether the gods your ancestors served beyond the Euphrates, or the gods of the Amorites, in whose land you are living. But as for me and my household, we will serve the Lord."*

*--Joshua 24:15 (NIV)*

**Discuss a time you chose God's way over the way of the world? How did it make you feel? Do you think you would choose God's way even if it made life harder?**

### **WHAT WILL YOU DO**

- Practice gratitude daily for God's blessings.
- Pray daily for God to give you what you need.
- Fight temptation to remain content in what you have.
- Trust God with your fears and anxieties.
- Stay in God's Word daily with devotional S.O.A.P.
- Choose God with every opportunity He gives you.

**PRAYER:** Dear Heavenly Father, thank You for Your Word and the wisdom it teaches me to find peace. Make me content in my circumstances and grateful for Your love. Turn my anxieties for the future into anticipation for your blessings. Speak to me through your Word so I can hear your voice and find the path You want me to be on. In Jesus' name, Amen.

## **READ GOD'S WORD DAILY using S.O.A.P.**

### **Day 1:**

*Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.*

*John 14:27 (NIV)*

### **Day 2:**

*So refuse to worry, and keep your body healthy. But remember that youth, with a whole life before you, is meaningless.*

*Ecclesiastes 11:10 (ESV)*

### **Day 3:**

*Look at the ravens. They don't plant or harvest or store food in barns, for God feeds them. And you are far more valuable to him than any birds!*

*Luke 12:24 (NLT)*

### **Day 4:**

*When doubts filled my mind, your comfort gave me renewed hope and cheer.*

*Psalms 94:19 (NLT)*

### **Day 5:**

*The seed falling among the thorns refers to someone who hears the word, but the worries of this life and the deceitfulness of wealth choke the word, making it unfruitful.*

*Matthew 13:22 (NIV)*

## TIPS FOR ONLINE SMALL GROUP

1. **HOSTING A SMALL GROUP MEETING ON ZOOM.** If you are interested in hosting a small group on zoom through New Hope Windward, let us know. Our small group team will help you get started. Zoom training is available.
2. **EMAIL INVITE.** Ensure to send out a calendar invite with the meeting details and how to connect to the meeting platform on zoom.
3. **REMINDER DURING THE WEEK.** Keep everyone in your group connected by sending a reminder during the week of your upcoming small group meeting.
4. **START ON TIME & STICK TO YOUR TIME SCHEDULE.** For your scheduled meetings, it's recommended to get started within 5 minutes of your scheduled start time. Most small group meetings are held for about 60 minutes.
5. **ZOOM'S BEST PRACTICE.** Familiarize yourself with the Zoom features on your electronic device. It is helpful for everyone to know where the mute button is located. Ask the attendees to self-mute to avoid environmental noise when someone else is talking & sharing. Doing this will help with the flow of your SG discussion time.
6. **DOWNLOAD ZOOM APP.** In order to participate in the Online Small Group, download the Zoom App from your iPhone or Android. You may also download the Zoom App from your laptop PC or iPad device.

## TIPS TO IN-PERSON GROUP

1. **START & FINISH ON TIME.** Doing this will show your small group you value their time.
2. **BE COMFORTABLE WITH SILENCE.** Uncomfortable silences are bound to happen. It's okay! A long pause during a group discussion can be powerful. A *pause* gives space for quieter people to break into the conversation; silence allows people to figure out exactly what they would like to say.
3. **CONFIDENTIALITY IS IMPORTANT.** Confidentiality is the key to building trust in relationships. Here are a few mottos to remember to be confidential: "What is said in small group, stays in small group." **Nothing, nobody, never...** *"Share nothing, to nobody, never"* outside of the group.
4. **MAKE GROUP A PRIORITY.** Communicate in advance when you will be unable to attend by either calling and/or texting your host or responding to the zoom email invitation by accepting or declining. This will help your host to plan accordingly especially if it is an in person small group gathering.
5. **AVOID TALKING or TEACHING TOO MUCH.** Small groups are designed for everyone to share and grow together.
6. **ASK FOR HELP.** The Small Group Ministry is here to help. Email [smallgroups@nhww.org](mailto:smallgroups@nhww.org) to ask any questions, request training or other assistance for your Small Group.