Ice Breaker

What's something you worried about last week that ended up working out fine? Looking back, how much energy did you spend on it?

Sermon Summary

Using the story of Peter walking on water (Matthew 14:25-29), this sermon explores how worry and anxiety affect us when we shift our focus from Jesus to our circumstances. Just as Peter began to sink when he looked at the storm instead of Jesus, we struggle when we trust in what we can control rather than in God's faithfulness. The sermon reminds us that God is trustworthy—He cares for us, has plans for us, and provides for us. We're called to redirect our focus, take control of our thoughts, replace worry with truth, and reach out to God in prayer.

Group Questions

1. **What is one thing you got from the sermon?**
2. **In the sermon, several common fears were mentioned (financial collapse, health emergencies, failure, etc.). Which of these resonates most with you right now, and why?**
3. **The sermon said, "Worry is not just fear of what might happen. It is trust placed in what cannot carry you through it." What does this statement mean to you? Can you think of a time when you placed your trust in something that couldn't carry you?**
4. **Peter stepped out of the boat in faith but started sinking when he focused on the storm. What "storms" in your life tend to pull your focus away from Jesus?**
5. **The sermon outlined four things God tells us to do: redirect our focus, take control of our thoughts, replace what fills our mind, and reach out in prayer. Which of these is hardest for you, and why?**
6. **How does the truth that "God cares for you" (1 Peter 5:7) change the way you approach your worries? Does it feel easy or difficult to believe God cares about the specific things you're anxious about?**

Life Application

This week, practice the "Peter principle": When you feel yourself sinking into worry or anxiety, immediately cry out to Jesus like Peter did—"Lord, save me!" Don't try to fix it yourself first. Turn to Him in that moment through prayer, Scripture, or simply speaking His name. Notice what happens when you redirect your focus back to Him instead of trying to manage everything on your own.

Scripture References

- Matthew 14:25-29 (Peter walking on water)
- 1 Peter 5:7 (Cast your anxieties on Him)
- Jeremiah 29:11 (God's plans for you)
- Matthew 6:25-34 (Do not worry)
- Colossians 3:2 (Set your mind on things above)
- 2 Corinthians 10:5 (Take every thought captive)
- Philippians 4:6-7 (Present your requests to God)
- Philippians 4:8 (Think on these things)
- Psalm 119:11 (Hide God's word in your heart)
- Proverbs 12:25 (Anxiety weighs down the heart)
- Romans 12:2 (Be transformed by the renewal of your mind)

Challenge

The 3-Day Focus Reset: For the next three days, every time you catch yourself worrying, write down what you're worried about. Then immediately do three things:

1. **Redirect** - Say out loud: "God, You are in control of this, not me."
2. **Replace** - Find one Scripture from the list above that speaks to your worry and read it aloud.
3. **Reach Out** - Pray specifically about that worry, giving it to God.

At the end of three days, look back at your list. How many of those worries actually happened? How did intentionally redirecting your focus change your experience of those three days?