



Welcome

SERIES: KICK YOUR “BUTS”

Message: *But I Worry All the Time*
Dr. Lance Watson, Senior Pastor

PRAYER: You are forever reliable and dependable. We come before you today burdened by constant worry. We pray for the strength and peace to release these anxieties that consume our minds and heart. Empower us to trust in your divine plan and to surrender our fears into your loving hands. Grant us the wisdom to discern what we can control and the serenity to accept what we cannot. May your grace fill us with a lasting sense of calm, allowing us to live each day with faith instead of apprehension. In the matchless and miraculous name of Jesus we pray, Amen.

ICEBREAKER: Share one thing you have worried about in the last month.

INTRODUCTION: Everyone is a worrier in one way or another. Worry and anxiety reveal that we are dependent upon something or someone other than God to provide our greatest needs. More than that, worry distracts us from the purposes of God for our lives, keeping us from the joy of a life surrendered to God. In this passage Jesus calls us to seek first the kingdom of God and his righteousness, entrusting all other things into his hands.

BIBLE STUDY: Read St. Matthew 6:25-34 (NIV): 25 “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food and the body more than clothes? 26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? 27 Can any one of you by worrying add a single hour to your life? 28 “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. 29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 30 If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? 31 So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ 32 For the pagans run after all these things, and your heavenly Father knows that you need them. 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

DISCUSSION QUESTIONS:

1. **What was your biggest takeaway from the message?** What’s one thing you learned? What questions came to mind as you listened to the message? What points did you find most insightful?
2. Given the historical and ongoing systemic challenges faced by African Americans, what specific “worries” from Matthew 6:25-34 (like food, clothing, or shelter) resonate most deeply



with your personal or community experiences? How have these worries manifested in your life, and what unique pressures do they create within our community?

3. Jesus points to the birds and lilies as examples of God's provision. In what ways have you, or your family and community, witnessed God's provision in unexpected or miraculous ways, even in times of scarcity or adversity? Share a testimony or story that illustrates this.
4. The passage tells us not to worry about tomorrow, for “each day has enough trouble of its own.” How might this instruction speak to the particular mental and emotional toll that navigating racial injustice, discrimination, or economic disparities can take on African Americans daily? What strategies or spiritual practices help you to stay focused on today's grace rather than tomorrow's potential burdens?
5. Jesus encourages us to “seek first His kingdom and His righteousness.” In the context of our faith and cultural heritage, what does “seeking God's kingdom” look like for African Americans today? How can prioritizing spiritual growth and justice-seeking within our community help to alleviate the anxieties discussed in this passage and empower us to live more fully?

CHALLENGE: Jesus tells us to “look” and to “consider” the reality of God’s sovereign provision. What some practical ways you can frequently do this in your own life?

ANNOUNCEMENTS: Take this time to share group announcements. Church wide and campus specific announcements can be found at www.myspbc.org. You can also “find, follow and like” our Facebook page at facebook.com/myspbc. Turn on your notifications.

CELEBRATIONS: Take this time to share praise reports (e.g. answered prayers, birthdays, anniversaries, promotions).

PRAYER REQUESTS & PRAYER: Take this time to share prayer requests. Close with prayer.

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We Care!

NOTICE: As a small group leader, we depend on you to show members that we care. Here's a list of resources to help you.

FOR PRAYER:

CALL: 804.463.2472

EMAIL: prayer@myspbc.org.

FOR COUNSELING:

CALL: 804.643.6177

EMAIL: care@myspbc.org

TO REQUEST A HOSPITAL VISIT:

CALL: 804.304.3890 (For Emergencies)

EMAIL: ecare@myspbc.org.

TO REQUEST FUNERAL SUPPORT:

CALL: 804.304.3890 (Pastor On Call)

EMAIL: ecare@myspbc.org.

TO FIND A SUPPORT GROUP:

CALL: 804.643.6177

EMAIL: care@myspbc.org.

TO REQUEST EMERGENCY ASSISTANCE:

CALL: 804.643.4000

EMAIL: emergencyassistance@myspbc.org.

TO CONTACT MY LIFE STAGE PASTOR:

CALL: 804.643.4000 and Press 1 for the Dial By Name Directory

EMAIL:

- Imagination (0-10): Vernita Williams: Vernita.Williams@myspbc.org
- SMB (11-19): Martina Jones-Smith: Martina.Jones-Smith@myspbc.org
- Dreamchasers (20-29): Juan Shackelford: juan.shackelford@myspbc.org
- Aspire (30-39): Lance Watson, Jr.: lance.watsonjr@myspbc.org
- Fusion (40-49): Michelle Townsend: michelle.townsend@myspbc.org
- Encore (50-59): Lisa Johnson: lisa.johnson@myspbc.org.
- Prime Time (60-69): Maceo Freeman: maceo.freeman@myspbc.org
- Refiners (70+): Roscoe Jones: roscoe.jones@myspbc.org

*GPS is a study guide based on the weekend message. The purpose of this guide is to assist small groups in study.
Previous GPS Guides are available online at www.myspbc.org.*



Small Group Leader Guide

Would you like to START or JOIN a Small Group at Saint Paul's?

Most existing groups are open to new group members, and new groups begin on a regular basis. If you have friends in a small group, ask about joining their group. If you are new to Saint Paul's and are looking for a place to connect, please feel free to contact us and we will do our best to help you find the right group.

Leader Tips:

The GPS document is a guide for discussion. Don't feel like you must use every question. Some questions will take a while to work through while others will be over in a few seconds!

1. Don't teach the lesson. The lesson was taught on the weekend. Just ask questions and let everyone else talk.
2. Let other people ask questions. It's OK to go "off topic" for a while. Sometimes those conversations are more interesting anyway!
3. Have fun. Relationships, not curriculum, are the heartbeat of our small groups. So, have fun with the people in your group.

Agenda for a Small Group Gathering

Gathering Time

Take 5-10 minutes to welcome everyone, catch up and if planned, share some food!

Discussion Time

Here's a suggested format:

1. **Ice Breaker** – Lighthearted icebreaker question (5-10 min.)
2. **Discussion** - Discussion time, Bible study, application challenge (30-40 min.)
3. **Prayer** – Prayer requests and praying for one another (10-20 min.)
4. **Planning** – Remind the group of how we serve together (e.g. usher, sing, greet, pray, etc.)