

Current



✓ Prepare in Advance

Facilitator: In advance of the session:

- Review the quiz about worry and the two articles about topics of worry (links are provided on this session's webpage).
- Review today's scripture text and the session activities to help better facilitate the discussion.
- Have the *Bible Background Video* ready to view.

✓ Introduce

Invite the group to generate a brief list of things they worried about this week. What does worry look like in your life? In your home or your family?

Show the *Bible Background Video*.

✓ Discuss

Invite the group to participate in the "quiz" How Anxious Are You? Then ask, "Are any of these topics a source of worry for you?"

Have someone read 1 Peter 5:6-11 out loud.

Invite discussion with ideas like:

It's interesting to note the things that cause us to worry, often because of how certain outcomes would alter our circumstances. A survey has shown that knee injuries worry NFL players more than concussions. Even though there are serious dangers to concussions, many players fear the way that a knee injury would change their way of life. One player said, "No one wants a concussion. But, here and now, a knee injury can be career-ending."

✓ Ask

Say: The quiz we took was simply a fun reminder of all the big and little things we can worry about.

Ask: As much as we may have laughed about some of these, does it help to hear that others may have worried about these same topics? What does it mean for us that we are not alone in our worries?

Say: Some of the worries these football players experience stem from injuries they have seen, real life events they have witnessed.

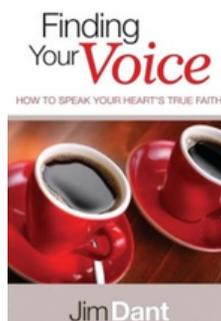
Ask: Does this validate their worries? Do we tend to hold on to worries like this, that seem to stem from the possibility or likelihood of something bad happening?

Ask the following questions to encourage discussion.

- What do you think our discussion of the scripture today would say to worries based on real possibilities, like the football injuries?
- Changes to the rules are one way the NFL has responded to worries about injury. Many players believe this has placed risks in other areas. Does this happen in our lives when worry drives our actions? How does worry "change the game" for us sometimes?
- The *Bible Background Video* stated that "Worry is an expression of pride out of control." How does this resonate with your faith journey?

Close in prayer.

By Erin Hall



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