



1. What does it mean to have your trust “broken”? What happens when trust is broken?
2. What does it mean to be worried? (*Leader Note: we’re intentionally trying not to use the word anxious but use the word worry like in the teaching*)
3. What are some little things that we can worry about? What are some big things that we can worry about?
4. I want you to try to fill in the blank in the definition of trust that Garrison gave us: “Trust: Having confidence that God is more _____ than anything you worry about.” (*powerful*)
5. What does it look like to choose to trust God instead of choosing to worry?
6. Do you think that’s easy or hard to do? Why?
7. How can memorizing Scripture, like Matthew 6:33 or Phillipians 4:6-7, help us when we’re worried?
8. Who is someone at home that you can talk to when you’re worried?