



# WEEK 48: WORRY DISCUSSION GUIDE

1. What would you say are the things people worry about the most? (List them and then either estimate or actually Google the probability of each.)
2. What is something of little importance that you used to or maybe still find yourself worrying about?
3. On page 326 the essay said, "Our greatest worry is often caused by comparison, not need." How have you experienced this?
4. Read the meditation verses: Matthew 6:33, Luke 10:41–42, and 2 Corinthians 10:5. What were your thoughts as you heard them read? How did God speak to you through them?
5. How have you seen worry debilitate people?
6. How is worry an indication of a lack of faith?
7. Which of the 3 steps to reduce worry, shared on pages 328-331, has been most effective for you or could be effective for you? Would you add others?

## ACTION STEP

Do a media audit this week individually. Encourage each other through the week to keep up with the audit and share observations you make as you complete it. Attached is a time sheet to help keep track throughout the week. Even a sample of three days will be telling if the entire week may be too demanding.

Review the action step with the group:

Each day, simply record the amount of time you spend with TV, social media posts, and radio. Compare that with time spent listening to Christian music, going to church, reading your Bible, or any activity that helps you to meditate on God. According to that analysis, which side has the advantage over your mind?



# WEEK 48: MEDIA AUDIT

Each day, simply record the amount of time you spend with TV, social media posts, and radio. Compare that with time spent listening to Christian music, going to church, reading your Bible, or any activity that helps you to meditate on God. In the table, simply list what received your attention: God or other. It may be helpful to list work or sleep to fill out the time blocks.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12 AM							
1 AM							
2 AM							
3 AM							
4 AM							
5 AM							
6 AM							
7 AM							
8 AM							
9 AM							
10 AM							
11 AM							
12 PM							
1 PM							
2 PM							
3 PM							
4 PM							



5 PM							
6 PM							
7 PM							
8 PM							
9 PM							
10 PM							
11 PM							
Focused on Other							
Focused on God							

According to this analysis, which side has the advantage over your mind?

Observations on time spent:

What was most consumed?

What changes do you desire to make?