



## Growth Group Homework – October 2, 2022

### Warm-Up

1. When have you felt like you were in the rat race?

### Talk it Over

2. Summarize your top takeaways from the message.
  
  
  
  
  
  
  
  
  
  
3. Read Matthew 6:33-34. Think through some of the worries you have about this next week. How would you separate the troubles you are dealing with according to the chart below?

Today's Trouble	God Will Take Care of It

**Question:** What is your reaction to viewing life's challenges this way? What struggles did you experience when separating the categories?

4. We are told to seek God's kingdom and righteousness. Mark 1:29-39 describes how in the middle of his busy schedule, Jesus carved out time to get alone and pray. What do you think the disciples thought when they found him praying? Why do you think they felt this way?

**Question:** What are some reasons we often rush into our days instead of stopping to hear from God?

**Question:** Do you have a regular practice of reading the Bible and praying? What does this look like?

**Question:** When has this practice helped you during a crisis or tough situation in life? How did it help?

### Take It Home

6. What is one thing from the discussion that you can apply this week?