

Welcome to Digging Deeper

We've launched this weekly blog series to help you engage more deeply with Sunday's message. Whether you're new to church or have been following Jesus for decades, these questions will help you reflect and apply the truths we explore each week.

Unmasking Worry

[Matthew 6:27](#)

Pastor Scott George

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Introduction

Jesus didn't just suggest we avoid worry; He directly challenged it. "Can any one of you by worrying add a single hour to your life?" He asked. The answer, of course, is no. Yet we keep trying. This week, we're unmasking what worry really is and discovering how to break free from its grip.

Reflecting on the Passage

1. Jesus asks in [Matthew 6:27](#), "Can any one of you by worrying add a single hour to your life?" When you worry about something, what are you actually hoping will happen? What does Jesus reveal by pointing out that worry accomplishes nothing?
2. Jesus says in [Matthew 6:31-32](#), "Do not worry, saying, 'What shall we eat?' or 'What shall we drink?'... your heavenly Father knows that you need them." How does knowing that God is aware of your needs change the way you approach your worries?

Personal Application

1. Pastor Scott identifies seven faces of worry: pride, unbelief, idolatry, self-reliance, ingratitude, rebellion, and exhaustion. Which one resonates most with you right now? What would it look like to address that specific kind of worry in your life?
2. The sermon suggests praying with thanksgiving instead of anxiety. This week, try bringing one worry to God while also naming three things you're grateful for. How does gratitude shift your perspective on the worry?

Exploring Faith

1. Tim Keller says, "Worry is the secret arrogance of the person who believes he can run the universe better than God." Do you agree? How have you seen this pride show up in your own worry patterns?
2. Charles Spurgeon reminds us, "Worry is the natural result of forgetting that God is God and I am not." What's one practical way you can remind yourself this week that God is in control and you're not?

Community Impact

1. What would it look like for us to become a church where people openly confess their anxieties instead of pretending everything is fine?
 2. Pastor Scott teaches that one way to overcome worry is 60 seconds of Kingdom Kindness. How could serving someone else this week redirect your focus from your own anxieties to God's kingdom purposes?
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Closing Thoughts

The antidote to worry isn't positive thinking or better planning; it's remembering who God is and who you're not. This week, when worry creeps in, name it out loud. Pray with thanksgiving. Separate what you can control from what you can't. And then live by faith, trusting that the God who holds the universe can handle the details of your life, too.

We hope these questions lead you into deeper conversations with God and with others. Join us again next week for more ways to dig deeper into God's Word and grow in faith together.

Grace and peace,

The Belle Isle Community Church Team