

April 15, 2026

UNLEASHED: Releasing God's Glorious Kingdom in and Through You

Session 2: Chasing Life's Essentials

GOALS

Main Idea: Prioritizing God's kingdom and relying on Him as a loving and capable Father will empower you to overcome worry and live in peace and victory.

Head Change: To shift your mindset from being controlled by worry to trusting God's provision and prioritizing His kingdom, which enables you to experience peace and victory.

Heart Change: To trust deeply in God's fatherly care, replacing your worry with His peace and confidence in His provision for your every need.

Life Change: To prioritize God's kingdom, trust in His provision, and release worry, leading to a transformed life of peace, purpose, and complete reliance on Him.

OPEN

If you could fully trust God with one area of your life, what would it be? Why that area?

Video Take-Aways:

- I. Worry is concerned gone haywire – it controls and defeats a believer in Christ.
- II. Jesus instructs believers not to worry but to trust in God.
- III. Nature reflects God's care, reminding believers of His provisions.
- IV. Seeking God's kingdom first reduces worry and aligns priorities.
- V. Viewing God as a loving Father empowers believers to overcome worry.

DISCUSS

1. How would you explain the difference between concern and worry? Why is worry so detrimental in the life of a follower of God?
2. Read **Luke 12:22-31(NKJV)**. How does Jesus' teaching about God's care for nature challenge you to trust Him with your daily needs?
“²² Then He said to His disciples, “Therefore I say to you, do not worry about your life, what you will eat; nor about the body, what you will put on. ²³ Life is more than food, and the body is more than clothing. ²⁴ Consider the ravens, for they neither sow nor reap, which have neither storehouse nor barn; and God feeds them. Of how much more value are you than the birds?²⁵ And which of you by worrying can add one cubit to his stature? ²⁶ If you then are not able to do the least, why are you anxious for the rest? ²⁷ Consider the lilies, how they grow: they neither toil nor spin; and yet I say to you, even Solomon in all his glory was not arrayed like one of these. ²⁸ If then God so clothes the grass, which today is in the field and tomorrow is thrown into the oven, how much more will He clothe you, O you of little faith? ²⁹ “And do not seek what you should eat or what you should drink, nor have an anxious mind. ³⁰ For all these things the nations of the world seek after, and your Father knows that you need these things. ³¹ But seek the kingdom of God, and all these things shall be added to you.”

3. Reflect on **Matthew 6:33(NKJV)**. What does it mean to seek God’s kingdom first? How can this shift your perspective on worry?
“³³But seek first the kingdom of God and His righteousness, and all these things shall be added to you.”
4. Read **Philippians 4:6–7(NKJV)**. How does prayer and thanksgiving help you replace worry with peace in your life?
“⁶Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; ⁷and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”
5. How does viewing God as a loving Father change the way you approach your challenges?

REFLECT:

Complete the following activities before watching the next video.

Read: Read 1 Peter 5:6–7. What does it mean for you to cast your anxieties on God? How can trusting and His care bring peace in the middle of life’s challenges?

Write: Write down one thing that is causing you to worry right now. Now write down what it would look like to completely cast that anxiety into God’s care?

Pray: Ask your heavenly Father to help you remember that He has “daddy strength” you don’t have to overcome the worries that are knocking you down.