

# This I Believe: Small Group Guide

Week 1: Our Father, and Our Foreheads

February 122, 2026

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## Opening Prayer & Ice Breaker

**Ice Breaker Question:** If you could ask God one question about something you're currently worried about, what would it be?

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## Key Scripture

**Matthew 6:25-34** (The Sermon on the Mount - Do Not Worry)

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## Discussion Questions

### Understanding the Sermon

1. The pastor used two metaphors: a lightning rod and a GPS. Which metaphor resonates more with where you are in your faith journey right now? Why?
2. How does knowing God as "Father" change the way we understand Him as "Creator"? What's the difference between a God who just creates versus one who fathers?
3. Read Matthew 6:26. Jesus asks, "Are you not much more valuable than they [the birds]?" How does this question challenge or comfort you?

### Two Key Contrasts

#### Contrast #1: Worry vs. Faith in God's Provision

4. The sermon described "foreheads creased with worry." What are the top 2-3 worries that currently "crease your forehead"?
5. Jesus says in verse 27, "Can any one of you by worrying add a single hour to your life?" Why do we still worry even though we know it doesn't help? What purpose does worry serve in our lives?
6. The pastor said, "Worry implies that we don't quite trust God is big enough or that he cares enough." Do you agree? Which is harder for you to believe—that God is powerful enough or that He cares enough about your specific situation?

#### Contrast #2: Questions of Doubt vs. Faith in God's Knowledge

7. Read Matthew 6:32: "Your heavenly Father knows that you need them." How does knowing that God already knows what you need change your approach to prayer?

8. The sermon stated, "God is not late to the game." Share about a time when you felt God was late, but later realized He was actually ahead of you, preparing the way.

### Personal Application

9. From the Heidelberg Catechism: "I trust him so much that I do not doubt he will provide whatever I need for body and soul, and he will turn to my good whatever adversity he sends me in this sad world."
- On a scale of 1-10, how would you rate your current level of trust in this statement?
  - What would it take to move your trust level up one point?
10. The sermon offered three practical responses:
- Be patient when things go against us
  - Be thankful when things go well
  - Be confident in our faithful God and Father

Which of these three is easiest for you? Which is most challenging?

11. Jesus tells us to "seek first his kingdom and his righteousness" (v. 33). What does this look like practically in your daily life? What would need to change for this to be more true of you?

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### Key Takeaways

- ✓ **God is not irrelevant to your needs** - He is actively engaged in your daily life
- ✓ **God is not anti-work, but He is pro-faith** - We work diligently while trusting completely
- ✓ **God is not late to the game** - He already knows what you need and is ahead of your situation
- ✓ **The faith we need is found in who God is, not in our strategies or resources**

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### Group Prayer Activity

1. **Share one specific worry** you're willing to release to God this week
2. **Have someone pray for you**, specifically asking God to:
  - Remind you He is your Father who provides
  - Help you trust He is already ahead of this situation
  - Give you patience, thankfulness, and confidence
3. **Exchange accountability partners** - check in mid-week about how you're doing with releasing this worry to God