



Decide To Live Today | Doug Wekenman | 11.02.2025

Weekly Study

SHARE

As group members settle in, take a few minutes to check in with everyone and see how their lives are going. Share an exciting story from this week, your highs and lows, an answered prayer, or something you're struggling with. If someone is really struggling, rally the group around them and take a few moments to pray over them.

- **Share a high, a low, and something interesting from this week.**

GROW

What if the very thing stealing our peace isn't the fire we're facing today, but our obsession with tomorrow's what-ifs? Doug's message challenges us to examine where our energy flows—toward worry or toward trusting Him. Drawing from Matthew 6 and the Sermon on the Mount, we're reminded that Jesus never told us not to think about tomorrow; He told us not to worry about it.

Understanding this distinction is key. Our obedience today creates the foundation for trusting God's outcomes tomorrow. When we set our minds on things above, we're not ignoring reality—we're anchoring ourselves in a bigger promise. The reticular activating system in our brains filters the world based on what we pay attention to, meaning **fear is simply faith in the wrong what-ifs**. What if we redirected that same mental energy toward God's promises? What if the diagnosis leads to deeper faith? What if the financial struggle positions us for a breakthrough?

Read Colossians 3:2, Psalm 55:22, Matthew 6:34

- **What were some major takeaways from this week's message?**
- **In what ways might your worries about tomorrow be preventing you from experiencing God's presence and purpose today?**
- **Your obedience today leads to trusting God's outcome tomorrow. In what area of your life is God calling you to obedience that you've been postponing? What has been the most challenging part of surrendering that area of your life/faith to God?**
- **What would change in your daily life if you truly lived as though you might 'get hit by a bus next month' and prioritized what matters most?**

M O V E

When worry tries to take the wheel, scripture offers us a better direction for our attention. Trust isn't the absence of problems—it's the intentional redirecting of our focus toward the One who holds the world and still sees you. Faith doesn't grow by staring at what threatens us, but by gazing at Who sustains us. The future becomes far less frightening when we remember that God didn't ask us to predict it—He asked us to trust Him with it. So, when anxiety comes knocking with all its scary "what ifs," answer with God's better questions: What if God is already making a way? What if He's working while I'm sleeping? What if this burden isn't mine to carry alone? When your attention shifts toward the faithfulness of Jesus, peace isn't something you achieve—it's something you receive.

Read Philippians 4:4-9, Psalm 34:4-9

- **What are the "what ifs" that tend to dominate your thoughts? How do they affect your daily life and relationships?**

- **How does understanding God's sovereignty over the beginning and end of time—that He exists outside of space and time—impact your ability to trust Him with your future?**
- **Read the verses above. What are some "true, honorable, right, pure, lovely, and admirable" things in your life right now that deserve more of your attention?**
- **Your priorities aren't really your priorities until you prioritize them. What's one area where your stated priorities don't match your actual time and energy investment? What can you do right now to actually make that a priority?**

P R A Y

"This is the day the Lord has made. We will rejoice and be glad in it." Psalm 118:24

THIS is the day. Not tomorrow. Not when circumstances change. Not when the fire cools down. TODAY is the day the Lord has made. Will you choose to rejoice in it?

This week, spend some time praying for the wisdom, peace, and strength to "be where your feet are," and let everything else fade away, trusting that the Lord has already made a way.