Ask, What are you hoping for in the new year? What are some potential "worry points" for you in the new year?

Let's take a look at what Jesus has to say about anxiety/worry.

Luke 12:22-34

²² And he said to his disciples, "Therefore I tell you, do not be anxious about your life, what you will eat, nor about your body, what you will put on. ²³ For life is more than food, and the body more than clothing. ²⁴ Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds! ²⁵ And which of you by being anxious can add a single hour to his span of life? ²⁶ If then you are not able to do as small a thing as that, why are you anxious about the rest? ²⁷ Consider the lilies, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. ²⁸ But if God so clothes the grass, which is alive in the field today, 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 are to eat and what you are to drink, nor be worried. ³⁰ For all the nations of the world seek after these things, and your Father knows that you need them. ³¹ Instead, seek his kingdom, and these things will be added to you. ³² "Fear not, little flock, for it is your Father's good pleasure to give you the kingdom. ³³ Sell your possessions, and give to the needy. Provide yourselves with moneybags that do not grow old, with a treasure in the heavens that does not fail, where no thief approaches and no moth destroys. ³⁴ For where your treasure is, there will your heart be also.

Jesus commands/instructs/comforts:

- Do not be anxious How have you recently trusted Him more in circumstances?
- Consider nature How might remembering that if God takes care of even the least, how much more can we trust Him to take care of us?
- Have faith in His provision When is a recent time/experience that you have been reminded that you can trust in His provision?
- Treasure heavenly transactions What might be some tangible ways that you can place value on the eternal rather than the temporal in your everyday life?

Take time to share prayer requests and spend time praying for one another.

Encourage each other to continue to participate in the 45 Days of Thankfulness.