

Discussion Guide for Trust God and Wash Your Hands

“Draw near to God, and he will draw near to you.

Cleanse your hands...” (James 4:8)

What parts of the podcast did you find helpful, enlightening, unclear or troubling?

-What health related concerns, fears or worries are you experiencing?

-What finance related concerns, fears or worries are you experiencing?

Assurance #1: God is in control of life and death & wealth and poverty

Isaiah 45:6–7 “there is none besides me; I am the LORD, and there is no other. 7 I form light and create darkness; I make well-being and create calamity; I am the LORD, who does all these things.

1 Samuel 2:6–7 (ESV) “The LORD kills and brings to life; he brings down to Sheol and raises up. The LORD makes poor and makes rich; he brings low and he exalts.”

Read Matthew 6:25–34

- What does Jesus advise about worry and why?

- How does this passage encourage you about finances and God’s provision?

- How have you seen this true in past times of financial duress?

-What does v. 27 tell us about life and death?

-What does Matt. 10:29-31 add to our understanding?

Assurance #2: We belong to the Lord and are loved by the Lord. In this is security that transcends trouble.

Read Romans 8:35–39

-What is included in this list of troubles?

-What can separate us from the security that we have in Christ?

What then shall we do?

Psalm 56:3–4 (ESV) “When I am afraid, I put my trust in you.

⁴ In God, whose word I praise, in God I trust; I shall not be afraid. What can flesh do to me?”

Read Philippians 4:4–9

When considering our troubles, what foundational truths about God do we see in vs. 4-5?

What are we to not do v. 6? What are we to do instead?

What are we to do in v.8?

What are our promises in v.7 and v.9?