



Bottom Line:
"Your worry exposes what you're seeking the most"

Key Scripture:
Matthew 6:25-34,
Philippians 4:6-9

Engage

\$300 billion. That's roughly the amount of money spent annually by employers on work missed and health care costs related to stress. In America, it's almost uncool to not have some form of stress or worry in your life. Yet Jesus says that if the birds and flowers are okay, how can we have anything to worry over? If God's not worried, then why do I worry?

1. If you had to guess, what do you think people worry about the most?
2. Are you a person who worries? If so what do you worry about most?

Unpack

Take a moment and read through *Matthew 6:25-34*.

3. What is something that sticks out to you in these verses?
4. Can any of you add one moment to our life by worrying? So why do we worry?

Apply

Philippians 4:6-9 gives us three things that we can do biblically. We pray biblically, we think biblically and we live biblically. Three things that on the surface seem to be easier said than done. When we read through Scripture, we see a common theme throughout— it always starts with prayer. It then moves us to understanding followed by action.

5. Out of these three things, (pray, think, live biblically) which do you struggle with the most?
6. How can this group help you in that area?

Take some time to pray and ask God to continually guide and lead your life.