

Community Group Discussion Guide

Week of October 25 - October 31, 2020

What Did Jesus Say About Stress and Worry?

Matthew 6:25-31

GETTING TO KNOW YOU

Have you ever worried about something that never happened? Discuss.

QUICK REVIEW

Looking back at your notes from this week's teaching, was there anything you heard for the first time, caught your attention, challenged, or confused you?

MAIN POINTS

When we worry, we bring tomorrow's troubles into today, but if we trust in Jesus we can focus our attention on the Kingdom of God.

DIGGING DEEPER

1. **Read Matthew 6:25.** What worries did Jesus address in this passage? These issues may be of utmost importance in some circumstances, but not for most of us in our lives. What worries have we replaced these with? Are we sometimes consumed with worry about trivial things?
 - a. **Read Matthew 6:26 and 28-30.** How does Jesus address the issue of worrying in this passage? Does this speak to you in terms of the issues causing worry and stress in your life? Why or why not?
 - b. **Read Matthew 6:27.** How do you respond to Jesus' question in this verse? Does worry, in fact, cause the opposite effect i.e. does it reduce the span of your life?
 - c. Corrie Ten Boom said, "Worry does not empty tomorrow of it's sorrow, it empties today of its strength." Do you agree? Why or why not?
 - d. **Read Matthew 6:34.** Compare what Jesus said in this verse to what Corrie Ten Boom said. Is there a common theme?
2. **Read Luke 12:32.** How does this verse encourage you in times of anxiety? Does this encouragement affect the way you live your life? If so, in what ways?

3. **Read Matthew 6:33.** What does this verse encourage us to do rather than being anxious over our current situation? Describe your understanding of the “Kingdom of God”
- a. **Read Mark 14-15.** In these verses, when does Jesus say the Kingdom of God is going to be with us? What does He say we must do?
 - b. If we “Seek first the Kingdom of God”, what does that look like i.e.what actions should we take?
 - c. Pastor Rob asked, “What in your life has the biggest gravitational pull on all of your decisions and desires?” This is a profound question requiring a thoughtful response. After carefully considering the question, how would you answer?
 - d. **Read Luke 12:16-21.** In this parable, what folly does Jesus discuss? In light of the subject of this week’s study, what should the rich man have been focusing on?

TAKING IT HOME

Looking back at this week’s study, what is important for you to remember and why?

PRAISE & PRAYER REQUESTS

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