

May 30, 2021

## What, Me Worry? Matthew 6:25-34

### Drawn and Quartered

Mt. 6:25

1. Merimnao means to literally **turn** in two different directions
2. Jesus **commands** us "Do Not Be Anxious"

### How Do We Do THAT?

Mt. 6:25

3. Get The Right **Perspective** of Life
4. Life is learning, growing, finding love, Joy and **relationships** with others

### Why Does HE Do That?

Mt. 6:26

5. Get a Right Perspective of **God's Love**.
6. You have been saved: By **Grace** Alone, Through **Faith** Alone, In **Christ** Alone

### Why Do We Do That?

Mt. 6:27

7. We worry about things we have NO **control** over

### Jesus 'Bottom Lines' It

Mt. 6:30, 33

8. Is it a lack of faith in Him or what you're **asking** of Him?
9. Simply seek **God's** rule and reign in your life.

## Life Group Questions

- 1) What anxieties are you experiencing right now? Discuss with your accountability partner.
- 2) Find out what other members of your Life Group do to reduce stress:
  - a) \_\_\_\_\_
  - b) \_\_\_\_\_
  - c) \_\_\_\_\_
- 3) How can we be sure that what we are praying for is God's will?

## DIGGING DEEPER

- 4) There are so many changes coming to our world right now. Here some ways you can reduce your stress, help others and keep your focus where it should:
  - a) Proverbs 12:25
  - b) Psalm 56:3
  - c) Matthew 11:28-30
- 5) Colossians 3:15 says "Let the peace of Christ rule in your hearts, to which indeed you were called in one body; and be thankful".
- 6) As you discuss this verse within your group, talk about the comfort you receive knowing God has called you to this group at this time for this season!

Do this every week and it will get easier!

## TAKING IT HOME

- 1) We all experience stress in our lives. As we move towards the Right Perspective of Life, it's important that we strengthen those around us. This week pray this prayer about members in your group: "Lord, what do they need? Lord, what should I do?"

Now...go and do what God told you to do!

## PRAYER REQUESTS

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