

# GROUP STUDY 1: TOMORROW

**Introduction:** When life results in situations we have not intended, our natural tendency is to worry. Among other things, we worry about our finances, our relationships, and our health. Yet, does worrying add a single hour to our lives? In fact, the stress created by our anxiety may have actually taken a year or so off our life expectancies. There are numerous books written about worrying and stress-free living. Interestingly, many of the insights suggested by modern authors come directly from the pages of Scripture.

## ICE BREAKERS

- ☐ What do you worry about most these days?
- ☐ Have you taken any steps to manage your worry in the past? What steps have you taken? Are there things you tell yourself or exercises you practice that have helped?

## EXPLORE

Jesus speaks directly to worry and anxiety. When we take the time to listen carefully, there is deep wisdom in his words. What does Jesus tell us about our fears? We'll spend two studies focusing on this passage.

- ☐ Read Matthew 6:24-34
  - Do you agree with Jesus' statements in verse 24? How has this principle of "you cannot serve two masters" been reflected in your life?
  - Jesus' words seem to make a lot of sense. Yet, why do people still end up worrying about their bodies and their clothes and other aspects of their lives?

## DISCUSSION QUESTIONS

- ☐ We shared earlier what we worry most about these days. Are the things you shared a good reflection on what you value most in life? Are these the things you intentionally are choosing to value most in life?
- ☐ How might worrying reflect a lack of confidence in God?
- ☐ If the things you are most devoted to fuel the things you worry about the most, what does that tell you about what you are most devoted to? Does that devotion reflect the things you really want to live your life for?
- ☐ What is one area of your life that you want to worry less about? Why?
- ☐ If you were to list your top five priorities in life, the things you want to be most devoted to, what would you want your list to look like? Does that list differ from what you worry most about?

## PRAYER & PRACTICE

We can probably all agree that worrying is a waste of time. In fact, worrying can actually shorten your life. The challenge lies in placing our full confidence in God as we try to do all that we can do. When it comes to the things that we value most in life, we can choose to either worry or trust God. It's not always an easy choice. To remind ourselves, find time each day this week to read Matthew 6:24-34.

