

LIFE GROUP STUDY GUIDE:

(60-minute session—01-02-22)

Today's message is a standalone sermon designed to help ready us for the new year. For some, a new year is filled with hope and opportunity. For others, a new year anticipates more of the same in life or maybe even something worse. Some people live in an almost constant state of worry. Today's lesson is designed to help us get life back into focus and find contentment.

SCRIPTURE: Read Matthew 6:25-34

What are the four common causes of worry?

- 1.) The _____
- 2.) The _____
- 3.) The _____
- 4.) The _____

What are some of the common characteristics of the worrier?

Are you a worrier? What kinds of things do you worry about?

Is it safe to equate careful planning and diligent effort with worry?

How did Jesus define worry?

Let's talk about how to overcome worry and get life back into focus?

1. Seek God's _____ above all else:

What does this mean?

Ans a group, talk about a few of the great things that God has done in our lives?

What does this tell us about God?

2. Develop a _____ of prayer:

What pressures did Jesus face during the incarnation? What kinds of pressures are you facing?

What did the disciples notice about Jesus? What did Peter and Paul teach about anxiety and prayer?

What happens when we pray with thanksgiving?