



LIFEGROUPS

Series: *Turbulence*

Scripture: *Matthew 6:24-34*

Date: July 20-21, 2019

Message: *How to Fly Above
the Clouds of Uncertainty*

—[LET'S START]—

Almost everyone deals with worry from time to time. Share a story about when you faced a lot of stress and how you saw God work through it.

—[LET'S TALK]—

1. **GRATITUDE AND PRAYER:** What happened last week for which you are thankful? What challenges do you see in your life? Your family? The World? Thank God for the beautiful ways that He has been at work. Pray for the challenges that those in your group are currently facing.
2. Read Matthew 6:25-34.
 - Jesus taught this passage in His famous Sermon on the Mount. So much about what Jesus says in this sermon seems so opposite to our natural response to things. What are some of the things that Jesus said in this passage that would have seemed counter-cultural at the time and are counter-cultural today?
 - How hard is it for you not to worry? What are some of the things that cause you the most stress?
 - Jesus said that we can't add a single hour to our life by worrying. Who did Jesus say that people who worry were acting like?
 - Reread Matthew 6:33. What are some practical ways that we can live out Jesus' instruction in this verse?
3. Read Matthew 6:19-24.
 - How does this passage add additional light to what we read in verses 25-34?
 - Pastor Dale encouraged us to start with Jesus. How does seeking Jesus first help us to store up treasure in heaven? How does seeking Jesus first impact level of stress in our lives?
4. Who do you know that needs to hear what we have talked about today?

—[LET'S ACT]—

Almost everyone deals with worry from time to time. Let's end our time together by praying for the things that have us stressed out. Take some time to pray for each other. Pray that we might be people who live out Matthew 6:33.

—[SERMON REVIEW]—

- What has you worried?
- In Jesus day there was plenty to be worried about:
 - Economics
 - Politics
 - Religious
 - Health
 - Relationships
- Experts on source of stress:
 - Financial Problems
 - Work
 - Personal Relationships
 - Parenting
 - Daily Living and busyness
 - Media/Personalities
 - Life change
- Don't worry! How?
 - A different question: Why do we worry?
 - We have been deceived to believe if you have X you will be free from Y and assured that Z won't happen.
- How do you overcome worry?
 - Matthew 6:33
 - Priority: Start with Jesus first.
 - Worry is a byproduct of materialism
 - Focus on God's love.
 - When God's love becomes my source of peace there is not much left to worry about.
 - When God and His ways are my focus there is not much to worry about.
 - When God and His purposes are my aim there is not much to worry about.

—[NOTES]—
