

**Discussion Starter** – How has worrying effected your life in a physical, emotional and spiritual way? Do you think worrying is actually a sin? Describe why or why not?

## Read Matthew 6:25-34.

- 1) What are some of the things you are prone to worry about?
- 2) Why can't the things of this world satisfy the human soul?
  - a) Share with the group an experience, where you had put your hope in being fulfilled with a "treasure on earth". How did that turn out, and what did you learn from this experience?
- 3) Read Psalm 19:1-6. How does content of this scripture inspire us not to worry?
- 4) How does worrying diminish our view of the sovereignty of God?
- 5) What is man's chief and highest end, and how do we go about seeking this virtue?

## Read Matthew 6:19-24:

6) What are the problems associated with laying up our treasures on earth?

b) In what areas in your life has God revealed to you that you are laying up treasures on earth as compared to treasures in heaven?

- 7) What influence do the things we treasure have on our walk with the Lord? What are some of the things you consider that demonstrate that you are laying up treasures in heaven?
- 8) **Read Matthew 6:22-23:** Explain in your own words what "The lamp of the body is the eye" means in this context. What progression do you see being revealed to us here by Jesus?
- 9) Describe what Jesus is teaching us when He says we cannot serve two masters.
- 10) God wants us to be generous, not only with our finances, but with everything He has given us (time, resources and talents). What is your view on tithing, and how does tithing help us in our walk with God?
- 11) When we worry, it reveals a lack of understanding about God. What are some of the negative effects that worrying has on our lives?
- 12) Explain why worry and faith are mutually exclusive. What are some of the underlying reasons why might feel we need to worry?
- 13) When we walk in faith, what are some of the truths/promises we can hold onto, and how can they enable us to live the abundant life that God desires for us?
- 14) Read Matthew 6:33-34 and Philippians 4:4-9. In what ways do you think these passages are an antidote to worrying?