

DE-STRESSING YOUR DISTRESS

PART 3: WHO'S CALLING THE SHOTS?

INTRODUCTION

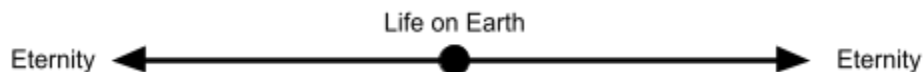
As humans, our hardwiring forces us to find stressors around us, but instead of learning how to guide our stress, our lives are being consumed with what fire to put out next. We think there is a better way. During this series you will learn tools that only God can offer to stop letting stress control your every move.

KEY SCRIPTURE

Matthew 6:19-24

DISCUSSION QUESTIONS

1. What things do you treasure? What do you keep because you place value on them?



2. If earthly treasure is temporary and Heavenly treasure is eternal, then why do so many people put everything they've got into the "dot"?
3. Read Matthew 6:21. What does your greatest treasure reveal about the greatest desires of your heart?
4. Pastor Will taught that misplaced treasure causes us to over-value things that aren't worth much, and under value things that are priceless. What things, that in reality are priceless, have you seen people over-value? What things, that in reality aren't worth much, have you seen people over-value?
5. Read Matthew 6:24. Take an honest assessment of your heart...who or what are you serving right now? What does your "master" require of you? Is this contributing to, or relieving you from, stress?
6. We must tell our treasure where to go, or it will tell us. Where do you need to tell your treasure to move right now?

Application Prayer: Lord, I desire to store my treasure in heaven. I commit today to begin giving and serving so that my heart will be drawn to yours.