



# DE-STRESSING YOUR DISTRESS

## PART 4: NO WORRIES

### 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 6:25-34

Matthew 6:11

### DISCUSSION QUESTIONS

1. How have you personally experienced worry and anxiety? What have been the destructive effects you have experienced as a result of worry and anxiety?
2. In Matthew 6:25 Jesus says, “Therefore, I tell you, do not worry about your life...” Do you think it’s realistically possible to not worry about life? Why?
3. Read Matthew 6:32. Do you trust that God is waiting for you tomorrow? Do you believe that he is really waiting for you in any and all future scenarios where you may find yourself? Do you truly believe that your heavenly Father knows everything that you need?
4. Read Matthew 6:33. Pastor Will taught that what we seek first (what we’re running after) will determine worry or peace. What do you seek first?
5. What worries from tomorrow are you tempted to smuggle into today?
6. What would be different in your life if you really believed that your heavenly Father is with you today and He will be waiting for you tomorrow?
7. How can you seek first God’s kingdom and righteousness today?

**Application Prayer:** Jesus, help me to stop worrying about tomorrow. You already know what I need and are waiting for me tomorrow. Help me to participate in what you are doing today.

**Action Steps:** Begin your day declaring your trust in God. It’s a way to seek His kingdom first. Remind yourself of what’s true.

**When Worry Says:** “You should worry about tomorrow!”

**You say:** “God knows what I need and is waiting for me tomorrow. Read Matthew 6:25-34 out loud.

**When You’re Tempted to Worry About Tomorrow:** Look for a way to participate in what God is doing today.