



Part 2: Why Worry?

Why We Stress?

Fear of the unknown.

Lack of trust in God.

Trying to stay in control.

Matthew 6

²⁵ “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? ²⁶ Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? ²⁷ Can any one of you by worrying add a single hour to your life?”

²⁸ “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. ²⁹ Yet I tell you that not even Solomon in all his splendor was dressed like one of these. ³⁰ If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith?”

³¹ So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³² For the pagans run after all these things, and your heavenly Father knows that you need them. ³³ But seek first his kingdom and his righteousness, and all these things will be given to you as well.

³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

TODAY’S TRUTH

We can stress less by learning to seek God first.

Discussion Guide

Introduction

Don’t stress. People say that all the time. But isn’t that the worst advice to give a person that is stressed out? Life will always include stress. So maybe the solution isn’t to stop being stressed, but rather learning to stress less.

Discussion

What are you currently stressed about?

How do you usually deal with stress?

Read Matthew 6:25-27

Do you worry about the same things that Jesus mentions? Why or why not?

What three questions does Jesus ask in this passage?

What is the point Jesus is making in those questions?

Read Matthew 6:28-30

What does stress/worry/fear tell us about the condition of our faith?

How do these verses help us see the difference between worry and faith?

Read Matthew 6:31-34

In verse 32, what does “run after all these things” really mean?

How can we seek God first in practical ways?

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Your giving provides ministry that changes lives.

	<u>Last Week</u>	<u>Year-to-Date</u>	<u>Attendance</u>
Giving Needed:	\$9,280	\$306,240	Last Week: 401
Giving Received:	\$6,658	\$337,194	
Online Giving:	www.cornerstonecc.church/give/		
Mobile Giving:	Text “GIVECCC” to 77977 Msg & Data rates may apply.		