

Home Group Questions

the week of 11/10/2019

Matthew 6:25-34

WHICH OF YOU BY BEING ANXIOUS CAN ADD A SINGLE HOUR?

GETTING STARTED...

- This past Sunday, Pastor Mel continued his series on questions by Jesus. This week focused on the challenge Jesus gives us to not live a life of worry and anxiety about the things of this world and about the daily needs we have in our lives.

LOOKING IN THE WORD...

1. Read Matthew 6:25-34. Talk about this passage. What are things that you typically worry about or are anxious about? What strategies can you implement in your life to overcome these worries? What are the common perspectives of our culture when it comes to food, clothing, and possessions that may stand in opposition to the way in which Christ challenges us to live? Talk about what it means practically to “seek first the kingdom of God”. What does that look like in everyday life? What advice would you give to a young Christian about what it means to seek first the kingdom of God while we seek to live a life of impact here on earth?

- **Many Christian authors write about** the need to simplify our lives in order to help us overcome the tendency to worry about our possessions. What are some difficulties that stand in the way of doing that?

2. Read Luke 9:18-27. Jesus asks the disciples about the opinions of others regarding His identity. He then turns the question on them in verse 20, and Peter gives an “A+” answer. Discuss the implications of various interpretations of who Jesus is and how your opinion of Jesus will impact your worry, stress,

and anxiety levels. Discuss the difference between living a life of significance and living of life of "over-busyness" and how a focus on being busy can lead to increased worry in our lives.

3. Jesus gives a plan for following Him in verse 23: "If anyone would come after me, let him deny himself and take up his cross daily and follow me." How does this passage inform us on how to be focused and dedicated on the priorities of Jesus? What does that command mean to you in your walk with Christ? Give some real life examples of “denying yourself” and “taking up your cross” and what that may entail and how that will help us to not overly worry about the less important things of our lives.

- When Jesus talks about “losing” and “saving” your life, what does that mean? What are some specific ways in which we can “lose” our life for Christ?

4. Read 2 Timothy 2:1-8. Paul gives young pastor Timothy examples of how to stay strong in the Lord and not let our circumstances squash our faith in the almighty God. Talk about the examples he gives and the lessons each one teaches you about habits that can increase our faith:



MOVING FORWARD...

Pray that the Lord will help you become less worried and anxious about the things of this life...and to trust Him more to lead you!