

WEEK 7: A STRESS-FREE LIFE



Group Time

ENCOURAGEMENT 1-on-1 (See page 2 for directions)

Y / N Y / N _____

_____ _____

LOOK BACK:

Point: Your private life determines your public impact!

- Did you make plans to give, pray, and fast in secret? Did you have any application questions for the group?

Question: When you were 10, what was the most important thing each day? What was your biggest worry?

LOOK UP: Watch this week’s video on the 4G web page.

Recap: As we continue looking at Jesus’ Sermon on the Mount in Matthew chapter 6, He continues His focus on priorities. In a world that defines more as better, Jesus reminds us that all worldly stuff is temporary. He challenges us regarding our focus, desire, and heart. In a world where more is better, you can never have enough. And not having enough leads to anxiety and worry. Instead, Jesus tells us what we should be seeking more of – God’s kingdom.

We must prioritize seeking God’s kingdom and this requires intentionality. Each day we must put God’s Word and prayer first. Each week we must prioritize worshipping with our family. And every month we must seek opportunities to serve and share the good news with those who don’t know Jesus.

LOOK IN: Discussion

Read Matthew 6:21 & 24. Share about a time in your life that you, or someone you knew, tried to “serve two masters.”

Read Matthew 6:25.

- What do you worry about?
- How do you justify that with Matthew 6:25-34? Without playing semantics with the word, is it, or when is it, okay to “worry?”
- How can we put Matthew 6:33 into practical practice?

LOOK FORWARD: Application

Point: A little more is never the answer – unless it’s more of God’s kingdom.

Seek First...

First of the day: We all might know we need to spend daily quiet time with God in Bible study and prayer – that’s what the daily God Times in this booklet are for. But what are your intentions? Try this: in the space below, write a personalized prayer asking God, “What do you have for me today?” Pray it each day with sincerity.

First of the week: Make a specific plan to prepare for next week’s Gathering Time and particularly for the worship time. How can you keep you and your family focused on what matters for that day?

First of the month: (T3) How will you spend your time, talent, and treasure this next month for God’s kingdom? What is your plan?

Time: _____

Talent: _____

Treasure: _____

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