

THE N COMMANDMENTS

Do Not Worry

ICEBREAKER

- What's one silly or small thing you've worried about recently that really didn't matter in the end?

DISCUSSION QUESTIONS

1. Out of Jesus' teaching on worry found in Matthew 6:25-34, what stands out the most about what He says?
2. Jesus pointed out birds & flowers in this teaching; how does creation remind you that God provides?
3. Garrett said, "Concern solves and worry stalls." Have you ever experienced this in life? Where concern pushes you to action and worry has you stall out.
4. If worry lives in the future, how can we learn to stay in the present with God today?

NEXT STEPS

- Read Matthew 6:25-35 every day this upcoming week.
- Tell someone that you're worrying — a friend, your group, a medical professional, etc.
- Sign up for the Financial Peace University on the app.