

ANTIDOTE TO WORRY FREE LIFE

07/24/2016 • STEVE HILL • MATTHEW 6:25–34

**OUTLINE**

1. Worry makes me miserable.
2. Worry is:
 - Unreasonable
 - Unhelpful
 - Unnecessary
 - UnChristian
3. Practice Relaxed Concern by Seeking Jesus First.
 - God already knows about you and the situation.
 - Live one day at a time.
 - Trust God to take care of things beyond your control.

DISCUSSION QUESTIONS

1. What do you tend to worry about? How does worry affect your life? Read Matthew 6:25-34 in a translation and The Message Paraphrase.
2. Why is worry incompatible with faith? How would your life be better if you worried less?
3. Is it possible to live worry free? What is the difference between Relaxed Concern and Worry?
4. What one thing can you do to minimize the worry in your life? Read Philippians 4:6, Isaiah 41:10, Proverbs 12:25, Psalm 94:19, 139:23.