



## Why Worry?

### Scripture: Matthew 6:19-34

We live in arguably the most \_\_\_\_\_ society in history.

Yet we have the highest rate of \_\_\_\_\_-related illness in recorded history.

There are two things that stop worry:

1. A change in \_\_\_\_\_.
  - If life has to be \_\_\_\_\_ before you stop worrying, you'll never stop worrying.
  
2. A change in \_\_\_\_\_.

Changing to Jesus' perspective:

- Changing our idea of what's \_\_\_\_\_.
  - \_\_\_\_\_ things.
  - \_\_\_\_\_ things.
  - \_\_\_\_\_ things.
  
- Learn to trust God's \_\_\_\_\_.

### Questions for Reflection:

1. What do you worry about?
2. How much would you say you worry? (I never stop worrying? More than most? Less than most? Never?)
3. Are the things you worry about unimportant, important, or eternal?
4. Which of these (unimportant, important, or eternal) do you currently make a priority?
5. What would other people (your family, spouse, children, friends) say are your priority?
6. What does your life say you believe about God's character?
7. How would your life be different if you really trusted God's character as your heavenly father?
8. What steps will you take to develop Jesus' perspective?