

LifeGroup Meeting

CHANGED 2

From Dr. Jerry Edmonson's Sermon.

Get To Know You Question:

What's the most peaceful place you've ever visited?

Let's Dig Deeper

Someone read **Matthew 6:25-34**. Spend some time and share some key words that spoke out to you while reading. What is it about those words that spoke to you?

1. What is one area of your life where anxiety tends to show up the most, and why do you think it has such a strong grip on you?
2. **Read Matthew 6:25-27.** According to Jesus, why is worrying ultimately unproductive, and what does this passage reveal about God's view of your value?
3. How can a person's definition of "the good life" either increase or decrease the amount of anxiety they experience?
4. Have you ever mistaken being busy for truly living? What is the difference?
5. **Read Matthew 6:33.** What does it practically look like to seek God's Kingdom first on an ordinary Tuesday afternoon?
6. Why do you think people often try to control situations that are completely outside of their control? What usually happens when we do?
7. If someone watched your life for a week, what would they conclude is your highest priority?
8. **Read Proverbs 3:5-6.** Which is harder for you right now: trusting God with all your heart or refusing to lean on your own understanding? Why?
9. What is the difference between being responsible and trying to control everything?
10. Contentment is often confused with settling. How would you explain the difference to someone?

11. **Read Philippians 4:11-13.** Paul says he "learned" contentment. What does that tell you about contentment, and how is it developed?
12. When worry begins to take over, where do you usually turn first? What does that reveal about what you trust most?
13. What would change this week if you truly believed God cared about the details of your life more than you do?
14. **Read Philippians 4:6-7.** What stands out to you about Paul's instruction for handling anxiety, and what keeps us from following it consistently?
15. Imagine that one year from now you have learned to trust God more deeply than you do today. What would be noticeably different about the way you think, make decisions, and live each day?
16. What have you done this week to be a blessing to someone? Share.

Close in Prayer.