

The  
STRUGGLE  
REAL *is* END OF YOUR ROPE

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Fear - external threat

Anxiety - uncertain trigger

Worry - internalization of an external problem

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## Do Not Worry - Matthew 6:25-34

- Life is more than physical/material (v. 25, 28, 31)
- You are eternal (v. 26, 29-30)
- Let God be God (v. 27, 32)
- Worry is linked to our spiritual condition (v. 30)
- Believers shouldn't worry about the things of this world (v. 32-34)

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## Your Stress Reveals What Your Mind Conceals

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## SMALL GROUP Discussion Questions

### Appetizer

1. Review Sunday's message. What stood out to you? What challenged you? Are there any lingering questions?
2. Compared to other people in your life, would you say that you're more stressed than average, less stressed, or about average?

### Entree

1. Read Matthew 6:25-34.
2. What is the most challenging part of Jesus teaching for you?
3. What part do you find the most comforting?
4. If worrying can't add a single hour to your life, why do you think so many people spend so much time worrying?

### Dessert

Break into groups of 3-4 and discuss the following questions with each other.

1. What do you think is at the end of your rope?
2. Why is it there?
3. Spend some time in prayer together. Pray that God would help you identify what is at the end of your stress, fear, anxiety, or worry, and lead you past these things through the power of the Holy Spirit.



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