

Sermon Discussion Guide
Summer on the Mount – Week 6
Stress & Adrenaline
August 15, 2021



Big Idea

Don't worry about tomorrow, falling into the trap of "I'll be happy when..." – each day has enough trouble of its own.



Icebreaker

Share one example of something you worried about that ended up not being an issue at all.



Discussion Questions

1. Read **Luke 12:18-21**. The rich man put his security on the other side of his goals and wound up never living life to its fullest. What are some goals that are keeping you from a full life? How can you claim security today?
2. Read **Matthew 6:25-34**. What are some things you worry about? How has God provided these things for you in the past?
3. Re-read **Matthew 6:27**. In last week's sermon, we learned that time is the one resource we can't get back. How might that relate to the mention of time in this verse? What are some better ways to invest our time rather than worrying?
4. Re-read **Matthew 6:26, 28-29**. These verses all talk about our value and how God views us. Why is this important to keep in mind when dealing with worry? How can we move from worry to expectation?
5. Read **I Peter 5:6-7**. "Cast" here means "to throw or place upon." Peter is saying to give the full weight of our anxieties to God. Why does that require humility? Why don't we want to let go?



Concluding Questions

Read **Matthew 6:33**. How is seeking God first a remedy to worry? How different do our problems look when we view them through a heavenly lens rather than an earthly one?



Application

1. What do you think the Holy Spirit may be saying to you through this sermon and our discussion?
2. What is something God wants you to do now?
3. Is there a way we can help each other apply what God is showing us?



Prayer

Possible prayer topics for this week:

- Seeking God first
- Using time wisely, not for worry
- Letting go of anxieties
- Living for today